Super Cacao: The Ultimate Super Food

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Chef Jay Kinney

This book aims to inspire you to take charge of your health. I am not advising that you live on only one food, or live on vegetables, etc. It is up to everyone to make their own decisions on what we eat. You cannot outsource your health to your doctor.

Ever noticed that the more money Americans spend on "healthcare," the unhealthier we become overall? We are better off spending more time and money on PREVENTION. We are what we eat. The body is self-healing and self-regulating. It is ideal to base our lives on healthy foods, habits, and a healthy mindset.

Overall, the more calories you consume, the more vitamins and minerals you should get. Recommended Dietary Allowances (RDA) applies to the amount of nutrients to meet the nutritional needs of a specific person. Daily Values (DV) are based on 2,000 calorie/day diets. I will not present daily value percentages in this book to preserve my sanity.

I am a huge fan of raw cacao and raw cacao powder. However, I do enjoy “roasted” and “unroasted” cacao. There is a hot debate over temperatures and whether roasting helps or hurts cacao's nutritional profile. I say eat raw cacao and roasted cacao (regular dark chocolate). Both have tremendous benefits.

In the Recommended Resources section, I have included an International list of hundreds of wonderful companies that can provide you with healthy cacao/chocolate. I am and always will be a champion for small businesses. They are the backbone of our global economy.

Fun Facts

Nutritional Breakdown

Common Questions

- Does cacao contain caffeine?

- What is theobromine?

- What is the difference between cacao and cocoa?

-What is Ceremonial Cacao?

- Do I have to buy organic cacao?

- Are Organic Pesticides Dangerous?

- Are "Natural" Pesticides Better for the Environment?

- What is Raw Chocolate?

- Do cacao plantations use slave labor?

- Are The Labels On Chocolate Meaningful?

Recipes

Recommended Resources

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Fun Facts

Cacao, a tree with the scientific name *Theobroma Cacao*, was named by Carl Linnaues in 1753. In Greek, *Theobroma* means "food of the gods. The Spanish adaptation for *Cacao* stems from the Mayan *Kakaw* tree. Cacao originates in the Amazon jungle, probably from the zone where Colombia, Ecuador, Peru, and Brazil meet. This means that the vast world of cocoa came from one tiny region.

The Olmec tribes (of modern-day Mexico and Guatemala) appear to be the first to have fermented, dried, pressed, and roasted cacao beans, creating the basic process still followed today. However, botanical evidence shows the plant from which chocolate is made was first grown for food more than 5,300 years ago in the Amazon rainforest.

Residues found on ancient pottery suggest cocoa was used as a food, drink, or medicine by indigenous people living in Ecuador. The edible properties of Theobroma cacao were discovered over 2,000 years ago by the indigenous people of Central America living deep in the tropical rainforests.

The Olmecs living in Mexico and Guatemala established their first cacao plantations around 400 BC, and by 250 AD, the Mayans depicted cocoa in their elaborate hieroglyphic writings and on carvings and paintings. Historical accounts also point to the widespread use of chocolate in Maya and Aztec engagement, marriage ceremonies, and religious rituals. In this respect, chocolate occupied the same niche that expensive French wines and champagne do today's European culture.

Cacao was enjoyed as a bitter beverage, often mixed with chilies, herbs, and flowers, and used for royal and religious ceremonies. It was also prized for its medicinal qualities. The Olmecs introduced cacao to the Mayans, who eventually introduced it to the Aztec tribes. Even the Incans used cacao! It quickly became a form of currency, and the conquering Aztec armies carried it throughout Mexico.

Cacao trees take 5 years to begin producing cacao pod, which is used to make chocolates. Once matured, each tree can produce roughly 20-30 pods a year, and each pod contains 30-45 cacao beans.

Cacao is harvested from large pods that grow on the Cacao tree. The cacao beans are nestled inside. Once the pods are split open, the beans are fermented, dried, roasted, or kept raw. From there, the beans are crushed to make cacao nibs. The nibs are ground down to a very fine powder for cacao powder. Unroasted (raw) cacao beans are used to make raw cacao.

Cacao trees are found only in hot, rainy, tropical climates, 20 degrees north and south of the equator. Cacao was much more valuable than gold or silver to the Aztecs. The Aztecs used cacao beans as currency, especially when Montezuma collected the taxes (up to 40%). Like tea in Asia, the cacao quickly became an important part of the Aztec's daily life.

The upper and lower class were exposed to cacao, and it quickly became the preferred currency for many people in the region. For example, the Aztec empire received an annual tribute of 7.8 million cocoa beans from local tributes under their control. Money doesn't grow on trees, but chocolate does!

According to a Nahuatl paper (1545) from Central Mexico:
1 turkey cost 200 cacao beans
1 human slave cost 100 cacao beans
1 small rabbit cost 30 cacao beans
1 fresh avocado cost 3 cacao beans
1 tomato costs 1 cacao bean
1 tamale cost 1 cacao bean

Cacao beans were used as currency in Mexico until 1887.

They also used cacao to create a form of "hot chocolate." Although cocoa was initially cultivated for fermentation and alcoholic purposes, the integration into native societies made it popular to use cocoa in other ways. The Maya used cocoa for ceremonial purposes in a warm, frothy, bitter drink.

In time, central Americans started adding flavorings to reduce the bitterness and enhance the flavor of this dark brew. Vanilla and chile pepper were added, and soon after, honey became a popular ingredient that helped improve flavor. This was the product of the Aztecs, who also enjoyed cocoa consumed cold instead of the Maya way of consuming it hot.

Today, the legacy of these American civilizations still lives on in chocolate bars on store shelves. Among dozens of others, the "Maya Gold" chocolate bar includes chile pepper, vanilla, and a variety of other ingredients indigenous to Mesoamerica. When Cortez defeated Montezuma in 1519, the conquistadors searched his palace and found huge cacao beans instead of gold and silver.

The cacao tree's botanical name is Theobroma Cacao, which means "food of the gods" in Greek. Cacao trees range from 13-26 feet tall, bearing white flowers and colorful fruit. It takes a cacao tree about five years to produce its first fruit, otherwise known as a cacao pod. The peak growing period for a cacao tree is ten years.

The cacao pod has a hard shell, is shaped like a bloated cucumber, and is usually red, yellow, or orange. It takes about five years for the tree to bear fruit, has a peak growing period of ten years, but can extend for decades. Cacao pods take 4-5 months to grow, several weeks to ripen, and are cut from the tree with a sharp blade. After the fruit has been harvested, the beans are extracted and then fermented and dried.

Cacao beans take about 5-7 days to ferment in specialized boxes and 1-2 weeks to sun dry on large trays. Each cacao pod holds roughly 40 to 50 cacao beans. It takes several hundred processed beans to make 1 pound of chocolate.

The cacao bean has a white coating, a thin film or membrane that wears off during the drying process. The pulp of the cacao fruit (which surrounds the beans) is edible with a flavor reminiscent of a lemon-flavored mango and is used by some to make juices and jellies. Cacao solids and cocoa butter are the two main components of the beans used to make the chocolate we enjoy today. The cacao tree will usually live to see its 100th birthday but only produces fruit for about half of its lifetime.

Flies pollinate the cocoa tree's flowers, not bees. Cacao trees love the shade and are often grown beneath other trees such as mango, banana, papaya, or rubber trees. The cacao tree will not grow in arid climates as they require humidity, good soil drainage, and regular rainfall.

Varieties

There are 3 main varieties of cacao: Criollo, Forastero & Trinitario.

Criollo comes from Central America, prized for centuries for its rich flavor. It accounts for less than 5% of the world cacao crop. Forastero comes from the Amazon basin. It is more disease-resistant than Criollo. Over 80% of the world's crop is forastero cacao, based primarily in Africa and Asia. In 1678 a hybrid between the Criollo and Forastero trees originated in Trinidad after severe storms devastated Trinidad's cacao crop. Trinitario is the predominant fine/flavor chocolate known for floral, fruity characteristics.

In the 19th century, Trinitario trees spread across the globe and could be found in Venezuela, Ecuador, Cameroon, Samoa, Sri Lanka, Java, and Papua New Guinea. Trinitario represents 5-10% of the world's crop. There is arguably a fourth variety of cacao: Arriba Nacional. It is thought to be an extinct strain of cacao from Ecuador. Arriba Nacional only accounts for 2% of worldwide cacao production.

The legendary Ecuadorian cacao variety called "Nacional" traces its genetic lineage back to the first-known cacao trees domesticated by humanity about 5,300 years ago. After achieving global fame in the nineteenth century, the variety was nearly lost in the twentieth century. Pure Nacional cacao was believed to be extinct as recently as 2009. In the valley of Piedra de Plata, we found one of the last surviving groves of 100% pure Nacional cacao.

The earliest evidence of cacao goes back to 3300 BC in Ecuador, in Zamora Chinchipe. Cacao migrated to coastal Ecuador and as far north as Mexico. For most of the 20th century, cacao was classified into three genetic groups: Criollo, Forastero, and Trinitario. In 2008, Juan Carlos Motamayor classified cacao into ten major groups.

Motamayor's system is a new classification of cacao germplasm into ten groups which maintains the terms used to identify the traditional cultivars Amelonado, Criollo, and Nacional. It separates highly differentiated populations within what was previously classified as the Forastero genetic group.

Let's fast forward a few millennia.

In 1526, on Francisco Pizarro's first voyage to South America, the Spaniards found small cacao plantations along the coast of Ecuador. In the 1600s, colonists reproduced native cacao trees in the upper Guayas river basin, along the Daule and Babahoyo rivers. Cacao from this region acquired the Spanish name "Arriba," meaning "upriver." Nacional is the genetic variety that this term refers to.

In the 18th and 19th centuries, cacao spread all over Ecuador. Cacao from this region became globally renowned for its strong aroma and key flavor characteristics, the "Arriba" became the gold standard for cacao connoisseurs.

Nacional was the only cacao variety available in coastal Ecuador in the 1890s. Frosty pod disease (Moniliophthora roreri) damaged cacao plantations in 1916, and witches' broom disease (Moniliophthora perniciosa) devastated cacao plantations at all levels in 1919. Between 1916 and 1932, cacao production in Ecuador declined by 77%. As Nacional cacao suffered massive casualties during the 1920s, foreign cacao seeds began to appear, accompanied by a new wave of hybridization.

The "Trinitario" variety arrived in Ecuador via Venezuela. These Trinitario cultivars were descendants of the origin Trinitario hybrids from the island of Trinidad, and they survive to this day around the globe. Trinitario is mix of Forestero and Criollo cacao. This hybrid had a higher disease resistance while maintaining its fine flavor profile.

From the 1920s to the 1940s, Trinitario cacao seeds were interplanted with Nacional trees that survived the disease outbreak in the 1920s. The new arrivals paired with Nacional cacao through open pollination, which produced a mixed descent offspring. Today, when most dark chocolate makers use the word "Nacional" on their label, it usually refers to the Nacional hybrids instead of pure Nacional.

By the dawn of the 21st century, 100% pure Nacional was thought to be extinct. In 2009, Ecuador's agricultural institute (INIAP) collected DNA samples from over 11,000 cacao trees in Ecuador; only six trees (0.05%) were 100% pure Nacional! These six trees (located in two farms, La Gloria and Las Brisas), the third site with pure Nacional was discovered in the Maranon Valley in northern Peru.

Meanwhile, a new threat to pure Nacional emerged as time went on, under the name CCN-51. It has been widely criticized for its flavor; CCN-51 is a new high-yield variety that quickly takes over cacao production in Ecuador and around the globe. Many of the pure Nacional trees that survived the decades of disease were cut down and replaced by CCN-51. Nacional hybrids, still widespread in Ecuador, are also rapidly disappearing in the face of CCN-51.

A drive through the Ecuadorian provinces of Guayas, Los Rios, and Esmeraldas paints a dire picture of the current situation, where CCN-51 is monopolizing cacao production. It is estimated that 90% of the newly planted cacao in Ecuador is now the CCN-51 variety. The province of Manabi is too rugged in terrain and not suitable to grow this new variety. This region is Ecuador's last major source of pure and hybridized Nacional cacao.

Today cacao is planted on over 43,000 square miles worldwide. Forty percent of production is from Cote d'Ivoire, while Ghana and Indonesia produce about 15% each, and Brazil, Nigeria, and Cameroon provide smaller quantities. It is interesting to note that 80%-90% of the world's cacao comes from farms, with seven acres or less.

The leaves of the cacao tree are over six inches long. Like all deciduous trees, it loses its leaves annually. There are three common species of Cacao trees: Criollo (Central America), Forastero (West Africa and South America), and Trinitario (all cacao regions). Cacao originated in South America, and some argue that the precise location is the Orinoco River basin, which flows from Columbia through Venezuela to the Atlantic Ocean.

European Influences

In the early 16th century, Columbus brought sacks of cacao back to Europe, but he did not realize its true economic value. In 1519, Hernan Cortez landed at Tabasco on Mexico's Gulf of Campeche. After marching to Tenochtitlan, he was greeted by the Aztec ruler Montezuma. Cortez was presented with a big bag of cacao beans from the Aztecs.

In 1519, Cortez brought cacao back to Spain, and it was soon made into a luxury drink for the upper classes. The Spanish Conquistadors recognized the special value attributed to cacao and brought this treasure back to the Old World in 1572, where it was quickly embraced. In 1590, Cacao was shipped overseas from Venezuela to West Africa (Guinea).

However, as the Spanish carried Criollo along the equator, first to the Caribbean and then to Indonesia, Java, the Philippines, Malaysia, and the Portuguese brought Brazilian Forastero to West Africa, crossbreeding, both intentional and natural, first muddied the waters. One genotype was no longer necessarily the only tree growing in a specific region. Disease-resistant Forastero soon came to dominate cacao-growing regions across the globe, as it does today. Notable exceptions are Venezuela, small areas in Ecuador, portions of Chiapas, Mexico, Nicaragua, and the mountains of Belize.

By the 17th century, drinking chocolate, made more popular by adding sugar, had spread to France, Italy, England, and Portugal. Elaborate rituals, painstaking preparation, and costly paraphernalia became the norm. Cacao also became a savory dish in Europe and colonial Mexico. Doctors began prescribing it for a range of ailments from syphilis to depression. But chocolate remained an exotic luxury only available to the wealthy.

By the 17th and early 18th centuries, chocolate was considered a cure for many illnesses and a catalyst for provoking passion. However, it was still too expensive for the general populace. Finally, in the 18th century, chocolate houses were established in London, making chocolate available to a broader spectrum of society, and their popularity quickly surpassed that of the coffee houses.

Cocoa Innovation

In the early 1800s, several manufacturing innovations helped turn chocolate into a ubiquitous treat. Discovering how to separate cocoa butter and cocoa solids allowed powder to be made. In 1815, a Dutch chemist named Coenraad Van Houten introduced a method for reducing the bitter flavor of chocolate by using alkaline salts through a specific process. This is now called the "Dutched" or "Dutch" process and is used today.

Thirteen years later, Houten patented the method of pressing the fat (cocoa butter) from roasted cocoa beans. This improved the overall quality of cocoa and consistency while reducing the cost of cocoa by introducing cocoa powder that became the base for all chocolate products. Treating that powder with alkali (Dutch process) turned it darker and opened the door for the cheaper, light-colored Forastero powder to be used. The creation of conching machines to smooth ground cocoa's grainy texture was necessary for chocolate's use in confections.

Changes in processing furthered the divorce from the place. The separation of cocoa butter from cocoa solids in 1828 fractured bean components and allowed the content to be mixed and manipulated. Alkalization and the addition of milk continued to blur lineage. Still, chocolatiers sought out higher-quality beans. It wasn't until the advent of mass production that the industry adopted conscious anonymity.

With innovations like Coenraad van Houten's innovations, Europeans started creating entirely new products out of the cocoa bean. Joseph Fry created mold-able chocolate in 1847 when he melted cocoa butter and blended it back into chocolate liquor. Less than 30 years later, Daniel Peter mixed powdered milk with liquor to create the modern "milk chocolate" that has become popular today.

There is much more nutritional value in raw natural cacao powder vs. conventional cocoa powder. Raw cacao powder is made from unroasted cacao beans. Conventional Dutch-processed cocoa powder has been heavily processed with alkali to "soften" its natural bitter flavor for modern-day bakers. There is some debate over the temperature of the cacao's fermentation process as they dry in the sun. We can debate that another day with the vicious vegans.

Health Benefits

Cacao has many health benefits:

Better cardiovascular health-Fights free radicals that cause oxidative stress help dilate blood vessels, reduce blood clotting, better circulations, helps regulate blood pressure, may lower LDL cholesterol, and may reduce the risk of stroke and heart attacks.

Neurotransmitters- By increasing neurotransmitters' levels in the brain, cacao promotes a sharper, rejuvenated sense of well-being.

Serotonin-Cacao raises serotonin levels in the brain, acts as an anti-depressant.

Endorphins-Cacao stimulates the secretion of endorphins, producing a sensation similar to a "runner's high" after jogging for miles.

Phenylethylamine-Acts as a mild mood elevator and anti-depressant; helps increase focus and alertness.

Anandamide-Known as the "bliss chemical" since it is released by the brain when we feel happy; it promotes relaxation.

Magnesium-Cacao is the #1 source of magnesium of any food. Magnesium balances brain chemistry, builds strong bones, and regulates blood pressure. Every cell in the body has magnesium. Unfortunately, many Americans are deficient in magnesium which is linked to PMT, hypertension, diabetes, heart disease, and joint problems.

Essential Fats-There is a big misperception that chocolate is fattening. The fats in cocoa butter are healthy fats. Cacao contains oleic acid, a heart-healthy monounsaturated fat found in olive oil, which may raise good cholesterol levels. The fats in cacao also help to curb appetite.

Many types of chocolate are made from the cacao bean:

Chocolate liquor is made from raw, ground cacao nibs (the meat of the cacao bean).

Cocoa butter is the fat of the cacao bean and is solid at room temperature.

Cocoa powder is made by separating most of the cocoa butter from the liquor.

Unsweetened chocolate is pure chocolate liquor containing about 50% cocoa butter.

Bittersweet chocolate contains at least 35% cocoa liquor, along with cocoa butter and sugar.

Semisweet chocolate contains the same ingredients as bittersweet but has more sugar content.

Milk chocolate has only about 10% cocoa liquor and contains about 12% milk solids.

White chocolate does not contain any cocoa liquor; it gets its flavor from cocoa butter. White chocolate is "fake chocolate" designed for fake people, especially the girls in the suburbs who drink white chocolate macchiato drinks.

From Bean to Bar

Harvest

Since the Cacao tree produces fruit year-round, harvest is an ongoing event. Farmers carefully sever the ripe pods from the stems, mindful not to damage any blossoms or fruit growing around them. Then, using machetes, they split the pods and removed the seeds from the thick white pulp. It takes about 400 beans, roughly 8 pods, to make 1 pound of chocolate.

Fermentation

After being sorted to remove debris, the sticky mass is covered with banana leaves and begins to ferment in the ambient heat. Natural yeasts devour the sugars in the residual pulp, pushing up the internal temperature and reducing the PH levels. Enzymes start their work, mellowing bitter flavors. The length of fermentation depends on the bean varietal, with Criollo running around 2 days and Forastero almost a week. Separating different genetic strains during fermentation helps avoid over or under-fermented beans with off-flavors.

Drying

Once fermentation is complete, the beans are spread out and left to dry in the sun or, if rainy, moved indoors and fanned with warm air. The beans need to be raked, turned, and covered from nighttime moisture to fully dry. After about 5 or 6 days, the beans become hard and lose more than half their weight.

Roasting

The type of bean dictates the temperature and duration of roasting. Delicate Criollo is roasted at low heat for as little as a half-hour, while the more robust Forastero requires a much longer time. Once cacao has reached this stage of processing, it is referred to as cocoa.

Pressing

The beans are crushed just enough to release the meat, or nibs, from the hulls. Then the nibs are ground into cocoa “liquor,” a combination of cocoa butter and solids. Cocoa butter is unique among fats in that it melts right at body temperature, giving chocolate that luscious feel on the tongue.

Conching

Once the cocoa butter and solids are mixed with other ingredients like sugar and vanilla, additional cocoa butter is usually added to reduce viscosity before it is conched. Conching kneads the cocoa until another chemical transformation occurs named for the shell shape of the early machines. How long it takes to reach the perfect flavor profile is up to each chocolatier and ranges from as little as 4 hours to 72 hours (or more).

Tempering

The conched chocolate is tempered, a process of heating, cooling and reheating that realigns the cocoa butter crystals for that shiny gloss and satisfying snap. Once fully tempered, chocolate is molded into confections or bars.

Nutritional Breakdown

For a typical 155 lb. man or woman, 19-50, each day, the recommended daily allowance is:

Macronutrients
Calories 2,000
Total Fat 65g
Saturated Fat 20g
Omega-3 & Omega-6 1.1-1.3g*
Cholesterol 300mg
Carbs 300g**
Fiber 25-38g
Protein 60-65g

Vitamins	Minerals
Vitamin A 1,166-1,500 IU	Calcium 1,000-1,200mg
Vitamin B1 1.1-1.2mg	Chloride 2,000-2,300mg
Vitamin B2 1.1-1.3mg	Chromium 20-35mcg
Vitamin B3 14-16mg	Copper 900mcg
Vitamin B5 5mg	Iodine 150mcg
Vitamin B6 1.3-1.7mg	Iron 8-18mg
Vitamin B7 30mcg	Magnesium 310-420mg
Vitamin B9 400mcg	Manganese 1.8-2.3mg
Vitamin B12 2.4mcg	Molybdenum 45mcg
Vitamin C 75-90mg	Phosphorus 700mg
Choline 425-550mg	Potassium 4,700mg
Vitamin D 200-400 IU	Selenium 55mcg
Vitamin E 15mg	Sodium 2,300mg
Vitamin K 90-120mcg	Zinc 8-11mg

*The key here is that omegas 3 and 6 are both important. Shoot for a 1:1 ratio. When you buy meats, butter and dairy, look for grass-fed and pasture-raised to ensure that you are consuming foods with higher levels of omega-3 as they are anti-inflammatory in the body. Stay away from the trans fats from hydrogenated vegetable oils.

**This one is up for debate. Carbs and fiber are a matter of personal preference. Some people can get away with zero carnivores; others can get away with a high number of vegans, and some are in the middle. You are responsible for your health and well-being.
Actual nutrient requirements will always vary based on age, gender, activity level, medical history, etc.

Calories

A calorie (kilocalorie) is the amount of energy used to heat 1 kg of water by one degree Celsius. How many calories do we need? It will depend on the person. Usually, the more active you are, the more calories you can metabolize.

Our bodies break down fat, protein, and carbohydrates and convert them into adenosine triphosphate (ATP). ATP is the energy that feeds our cells. ATP is created at will whenever the body requires it.

Our metabolic money gets deposited and withdrawn from our bank (cells). Magnesium activates the key enzymes for neurons to produce energy from glucose. Calorie conservation was critical in past civilizations, but now it is a catastrophic calorie explosion.

Fats

Fats are naturally occurring substances. We need fat, and we do not need big pharma drugs. Fats are made from glycerol and fatty acids. Overall, fat is your friend. Our bodies require fat to absorb fat-soluble vitamins (A, D, E & K). Fats are categorized into 6 groups:

Fatty Acids
-Saturated
-Monounsaturated
-Polyunsaturated

Omega 3 Fatty Acids
-alpha linoleic acid (ALA)
-eicosatetraenoic acid (EPA)
-docosahexaenoic acid (DHA)

Carotenoids
-astaxanthin
-lutein & zeaxanthin
-lycopene
-Vitamin A-related carotenoids

Omega 6 Fatty Acids
-arachidonic acid
-linoleic acid
-conjugated linoleic acid (CLA)*
-trans-fatty acids (naturally occurring)

Phospholipids
-lecithin (phosphatidylcholine)

Sterols
-cholesterol
-phytosterols

*Conjugated linoleic acid (CLA) is a healthy anti-inflammatory trans-fat naturally occurring in grass-fed meat and dairy. Man-made trans-fat from hydrogenated fats is a metabolic toxin. Great for shelf life but horrible for your body. This type of fat is made from the addition of hydrogen atoms to vegetable oils. It would behoove all of us to avoid shortening and margarine stick to lard and butter.

Cholesterol

Cholesterol is a waxy steroid that is used to fight infections, produce bile and disable toxins. Cholesterol heals the body. Our bodies make 3,000mg of cholesterol every day! The brain's myelin sheath, the protective layer around the brain, is fat and cholesterol!

Cholesterol is the body's fire department. Fire fighters do not start fires; they put them out. They go out to put out the fire. Cholesterol helps to repair inflamed tissue (inflammation). It will not clog arteries either. Advanced inflammation can lead to an over-abundance of polyunsaturated fats that lead to the formation of plague in the arteries. Inflammation is the real cause of heart disease. Dr. Natasha Campbell-McBride is famous for her words on cholesterol:

Dr. Natasha says:

"For millennia, possibly for millions of years, humankind has prized fatty foods. People traveled long distances to obtain animal fat and considered it "a sacred food." Fatty cuts of meat, fish and shellfish, eggs, cream, and butter were reserved for the most important members of the tribe or the family: for their leaders, for the warriors going into battle, for couples who were trying to conceive, for growing children, for wise elders, and those recovering from an illness.

This ancient wisdom was passed through generations until the last few decades when the infamous diet-heart hypothesis was born. At the time, it was a tentative idea that maybe heart disease had something to do with dietary fats. The authorities picked it up as a working hypothesis as there was no other idea around.

A hypothesis is not 'the truth' until science has proven it. More than fifty years have passed since then, and THE SCIENCE HAS SPOKEN: THE DIET-HEART HYPOTHESIS IS FALSE! NATURAL ANIMAL FATS AND CHOLESTEROL-RICH FOODS DO NOT CAUSE HEART DISEASE; THEY HAVE NOTHING TO DO WITH IT; IN FACT, THEY PREVENT IT!"

Cholesterol is essential for optimal health. Cholesterol is in every single cell. We need it to grow, for hormones (estrogen, testosterone, etc.) and to help synthesize Vitamin D. You must wonder why there are so many cholesterol-lowering drug commercials on the boob tube.

Big pharma has been making billions of dollars of blood money profit to lower your cholesterol. Remember, prescription drugs do not "cure" dis-ease; they merely treat the symptoms until your body breaks down to a fragile state and you just die.

No wonder why I avoid all drugs…

Carbohydrates

Carbohydrates are compounds made from carbon, hydrogen, and oxygen. Carbohydrates are classified as simple (monosaccharides, disaccharides, and sugar alcohols) and complex (oligosaccharides, polysaccharides, and dietary fiber).

Currently, there is no such thing as a carbohydrate deficiency since they are not considered essential. Carbohydrates provide energy and building blocks (carbon) to synthesize glycogen, fatty acids, and amino acids. They do not seem to positively affect exercise performance under 1 hour, but they do improve exercise performance that lasts over 2 hours.

Carbohydrates are a tricky subject. They can be useful if you are an active person. However, I do not believe in the infinite wisdom of the food pyramid of 300g carbs/day. It seems rather high. Just go gluten-free—a two-month gluten detox. (Gluten can stick around in the body for up to 6 weeks). Start with eliminating bread and pasta. Some of us can handle gluten, while others cannot—different strokes for different folks.

Remember, worrying all day long about your health is not healthy. Fruits and vegetables contain carbohydrates. Stick to low-starchy fruits and vegetables. Every person should take charge of their health. Go within, listen to your body and eat real food.

Fiber

Fiber comes from polysaccharides, soluble and insoluble fiber. Insoluble means that our digestive system will not break it down. As a result, insoluble fiber hits the large intestine to help bulk up (soften) our stool. Soluble fiber, sugar, and nutrients are broken down (digested) and absorbed in the small intestine.

Soluble fiber is also known as a prebiotic. Soluble and insoluble fiber comes from a wide range of fruits and vegetables. For many people, fiber is beneficial. For carnivores, fiber may not be necessary for their digestive tract. A fiber fantasy for some, but only time will tell.

Protein & Amino Acids

Amino Acids are molecules that link together to form protein.

Essential Amino Acids

Histidine-Protects the myelin sheath around the brain.

Isoleucine-Detoxification, immune support, discharges hormones.

Leucine-Protein synthesis, metabolism, blood sugar regulation speeds up wound healing.

Lysine-Growth and tissue repair, as well as the hormone, protein, and enzyme production.

Methionine-Strengthens the hair, skin, and nails.

Phenylalanine-Helps to make dopamine and norepinephrine.

Threonine-Assists with collagen and elastin production.

Tryptophan-Raises serotonin levels enhance our mood, pain, appetite, and sleep cycles.

Valine-Enhances cognitive function, muscles, and mood regulation.

Non-Essential Amino Acids

Alanine-Assists our metabolism, muscles, brain, and the central nervous system.

Arginine-Boosts our immune system and heart health.

Asparagine-Serves as a diuretic enhances our nerve and brain function.

Aspartate-Aids in the production of asparagine, arginine, and lysine.

Cysteine-The main protein in hair, skin, and nails.

Glutamate-Serves as a neurotransmitter.

Glutamine-Enhances our metabolism and harnesses energy for our cells.

Glycine-Serves as a neurotransmitter.

Proline-Boosts metabolism healthy joints and it is inside collagen.

Serine-A key amino acid for fat metabolism and for supporting our muscles and immune system.

Tyrosine-Helps to integrate thyroid hormones, melanin, and epinephrine.

Proteins are essential nutrients made from amino acids. Athletes may need more protein to build and repair muscles in their post-workout state. Stomach enzymes (pepsin) and pancreatic enzymes (trypsin and chymotrypsin) work together to deliver proteins to the small intestine (in a pancreatic liquid) to break down into shorter chains of amino acids.

Small intestine enzymes (peptidases) break down the chains further to single amino acids, dipeptides, or tripeptides. At this stage, the amino acids can be absorbed at a 1-10 grams/hour rate. Whey protein is absorbed faster than other proteins. According to the European Food Information Council, around 90% of ingested protein is absorbed.

Vitamins

Vitamin A comes in the form of retinoids and carotenoids. It is a fat-soluble vitamin essential for healthy eyes, skin, hair, and a healthy immune system.

Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), and Vitamin B5 (Pantothenic Acid) are water-soluble vitamins that aid in glucose metabolism to energize our nerves, brain, and heart. B1 prevents beri beri, heart disease, and indigestion.

Vitamin B2 can treat cataracts, skin problems, and anemia.

Vitamin B3 is used for indigestion, skin problems, migraines, heart problems, high blood pressure, diabetes, and diarrhea.

Vitamin B5 wards off stress, arthritis, infections, grey hair, and skin problems.

Vitamin B6 (Pyridoxine) is a water-soluble vitamin that aids in the creation of glycogenolysis, gluconeogenesis, the myelin sheath, hemoglobin, serotonin, and dopamine. It can also treat diabetes, stress, insomnia, and motion sickness.

Vitamin B7 (Biotin) is a water-soluble vitamin that enables fatty acid, amino acid, and glucose metabolism.

Vitamin B9 (Folate) is a water-soluble vitamin that is the key to protein red blood cell production, amino acid synthesis, and proper neural tube formation in fetuses. Folate helps the body against coronary heart disease.

Vitamin B12 (Cobalamin) is a water-soluble vitamin that aids in red blood cell production, nerve function, and protein and fat synthesis.

Choline is a vitamin that helps the blood move fats and cholesterol from our liver to cells throughout the body.

Vitamin C (Ascorbic Acid) is a water-soluble vitamin used to synthesize L-carnitine, norepinephrine, and collagen (the protein that holds our body together). This vitamin is one of the most powerful antioxidants, which can help treat eye problems, infections, diabetes, heart disease, scurvy, cancer, inflammation, and lead poisoning.

Vitamin D (D2-Ergocalciferol, D3-Cholecalciferol) is a fat-soluble vitamin that comes from food, supplements, and sunlight (with the help of cholesterol). D2 comes from plants, and D3 comes from meat. Both are converted into calcidiol in the liver and into calcitriol. Vitamin D helps to maintain a strong immune system, proper glucose levels, muscle strength and promotes the absorption of calcium and phosphate in our small intestine and bones. This vitamin is useful in the fight against arthritis, tooth decay, diabetes, rickets, and preventing osteoporosis.
Vitamin E (Tocopherol) is a fat-soluble vitamin that acts as an anti-aging antioxidant. This vitamin also improves blood circulation.

Vitamin K (K1-Phylloquinone, K2-Menaqionone, K3-Menadione) is a fat-soluble vitamin that aids in blood clotting and maintaining proper bone strength.

Minerals

Calcium is a mineral that strengthens our bones, teeth, nerves, muscles, gut, heart, and blood vessels. It is instrumental in blood coagulation and carbohydrate metabolism. Calcium may prevent osteoporosis, relieve arthritis, boost dental health, and relieve insomnia. This mineral is crucial in the fight against obesity, colon cancer, and heart and kidney issues.

Chloride is a mineral that is closely related to chlorine. It maintains the balance of fluids in and out of our cells, maintains blood pressure, pH, and is used to make hydrochloric acid in the stomach.

Chromium is a mineral that aids in the effects of insulin to move glucose into our cells.

Copper is a mineral that releases energy from our food, maintains strong skin, bones, heart, and blood vessels, aids in synthesizing neurotransmitters, and gives color to our eyes, hair, and skin (melanin). In addition, copper aids in cognitive function, eases arthritis, wipes out throat infections, and prevents heart disease.

Iodine is a mineral that is part of our thyroid gland, key for organ development, growth, metabolism, and reproduction.

Iron is a mineral (with hemoglobin) that moves oxygen through the blood and muscles. It is also crucial for a strong immune system and to maintain a healthy metabolism.

Magnesium is a mineral that is used to maintain strong bones, nerves, heart, gut, and muscles. This mineral is involved in 300 processes in the body. It works well with calcium. Calcium contracts our muscles while magnesium relaxes the muscles. Magnesium relieves insomnia, high blood pressure, cramps, and anxiety. It may be useful for preventing heart attacks and asthma.

Manganese is a mineral that aids in gluconeogenesis, collagen (bones, skin, wound healing), and proteoglycans (cartilage, bones). Manganese helps regulate body metabolism, prevent manganese, and relieve fatigue and inflammation.

Molybdenum is a trace mineral that helps to metabolize two key amino acids: methionine and cysteine.

Phosphorus (Phosphate) is a mineral that builds strong bones, activates enzymes, vitamins, hormones, and maintains the body's pH.

Potassium is a mineral that aids in carbohydrate metabolism, nerve function, and heart and muscle contractions. Potassium ensures that oxygen travels to vital organs, increases water flow in the body, and is useful for blood, muscle, brain, and kidney health.

Selenium is a trace mineral that activates inactive thyroid hormones T4 into T3. It also serves as an antioxidant to fight free radical damage in the body.

Sodium is a mineral that maintains the body's electrical charge through nerve cells and promotes healthy nerve, muscle, and heart function. Sodium enhances the absorption of amino acids and glucose into the cells. It helps the body retain water and regulates healthy blood pressure.

Zinc is a mineral involved in protein and DNA synthesis, organ development, growth, immunity, and it speeds up wound healing. Zinc helps the body fight disease, skin infections, eczema, acne, and colds.

Cacao Science

Cacao is a super food loaded with phytonutrients. It is rich in magnesium, calcium, potassium, iron, zinc, copper, manganese, selenium, and fiber. Cacao also contains polyphenols (a powerful antioxidant), believed to be much more potent than blueberries, goji berries, tea, and red wine.

Endorphins

Cacao stimulates the release of endorphins, which activates a light, pleasurable natural high or the euphoric feel-good factor sometimes referred to as "runner's high." Endorphins interact with the brain in such a way as to reduce our perception of physical pain and stressful situations, as well as stimulate the release of sex hormones, reducing appetite and acting as a natural anti-depressant.

Anandamide

("The Bliss Chemical"): Activates blissful feelings, euphoria, deep relaxation, and the sense of a liberated mind. It is a natural pleasure molecule that activates the heart with the same feelings we experience when we become awash with orgasmic energy. Anandamide is naturally produced in the body, but cacao is the only food on the planet that has anandamide inside!

Magnesium

It's a power-aid in supporting the metabolic process, relaxing the musculature system, and thereby helping to regulate the heart and blood pressure. Magnesium is a great healer for the pituitary gland and endocrine system. It is essential in balancing the brain's chemistry, memory, and concentration and being wonderful support against stress and an ally to the nervous and skeletal systems due to its capacity to relax the muscles in the body and regulate progesterone, which is the hormone responsible for PMS mood swings.

Serotonin

Our primary neurotransmitter, Serotonin, is helpful if you suffer from anxiety, stress, and PMS symptoms. Serotonin can help to re-balance the endocrine and central nervous systems, allowing a sense of harmony, peace, and well-being.

It is a natural antidepressant, and not only is serotonin an anti-stress regulator, but it also builds and fortifies our stress defense shield. When our serotonin levels are well-balanced, there is a sense of being able to cope psychologically and emotionally and a capacity to connect with an innate sense of peace and happiness.

Phenylethylamine (PEA)

("The Love Chemical"): This neuromodulator is the very same adrenal-related chemical activated in the brain and released into the body when we fall in love. PEA is a super-powerful mood enhancer and heart medicine, helping to create feelings of euphoria, contentment, well-being, connectedness, as well as acting as another deep inner practice aid for increased focus, attention, and alertness, helping to slow down the perception of time, abate hunger and other external distractions.

Arginine

Arginine is nature's Viagra! This aphrodisiac amino acid dilates blood vessels and increases the blood flow to the genitals in such a way that stimulates sexual arousal and heightens skin and tissue sensitivity. Bodybuilders often utilize it due to its capacity to strengthen and repair damaged muscle fibers and tissue. In addition, up to 40% more blood goes to the brain, expanding our creativity and ability to think about issues from a new perspective; 'blue sky' or 'out of the box thinking.'

Dopamine

Cacao also contains Dopamine, which is a hormone and neurotransmitter that aids greatly in metal concentration, focus, and the cultivation of positivity towards life and feelings of joy. Cacao can be used as a natural support for the symptoms of ADHD and Parkinson's Disease!

Theobromine (Caffeine's Cousin)

Although Theobromine stimulates the cardiovascular system, it does not "charge up" the nervous system in the same way that caffeine does. Rather, it helps to relax smooth muscle, stimulate the heart, enhance mood, act as a vasodilator enhancing oxygenated blood flow to the brain and major organs, as well as being a potent diuretic and wonderful aid in the detoxification process.

Essential Fats

Cacao is rich in cacao butter which is an essential omega-6 fatty acid. Virtually all 23 fats present in cacao are healthy, which supports the function of the brain, growth development, regulates metabolism, supports the reproductive and skeletal systems, and are a beauty aid for healthy, supple, glowing skin and hair.

Antioxidants

Cacao is the number one antioxidant rich food in the world. These precious antioxidant flavonoids help in trapping damaging free radicals and heavy metals, clearing up corrupt cells from the system and supporting detoxification, as well as aiding in the optimization of blood function and fortifying blood vessel and artery walls. This helps to improve circulation, supports the heart muscle, and regulates blood pressure.

ORAC

ORAC stands for Oxygen Radical Absorbance Capacity- a measure of how effective antioxidants can fight free radical damage (oxidation) in the body. Several key factors cause the body to age, one of which is free radical damage. It is one of the leading contributors to inflammation and many degenerative diseases.

"Free radicals" are basically unstable electron molecules that roam free in the body and thus cause harm to us at a cellular level. Environmental factors, cooking on high heat with seed oils, and smoking all contribute to the systemic buildup of free radicals.

Antioxidants are one of the many keys to stopping free radical damage. They are important molecules that give away electrons and remain stable. This stops the dangerous free radical chain reaction and spares the body's cells from damage.

The ORAC value is the number assigned to foods that provide us with antioxidants. The higher the ORAC value, the greater the number of antioxidants that food can provide. The U.S. Department of Agriculture recommends a diet that includes fruits and vegetables with the recommendation of 3,000 to 5,000 ORAC points per day.

To put these numbers into a different perspective, 1 oz. of raw cacao powder provides 26,750 ORAC points! I believe in the power of a wide range of appropriate foods (cacao, meats, grains, fruits, vegetables, herbs, spices, etc.) to capture a wide range of nutrients. There is no one-size-fits-all in the realm of food & nutrition. It would behoove everyone not to buy into any food-based ideology.

The ORAC values below are based on 1 oz. (28g).

Ground Cloves	81,311
Bee Pollen	70,028
Dried Oregano	49,102
Dried Thyme	44,084
Ground Cinnamon	36,812
Ground Turmeric	35,593
Dried Vanilla Bean Paste	34,285
Acai Berry Pulp/Powder	28,767
Ground Allspice	28,123

Ground Nutmeg	19,507
Dried Basil	17,104
UNROASTED (RAW) CACAO POWDER	**26,750**
UNROASTED (RAW) CACAO NIBS	**17,394**
Ground Cumin	14,109
ROASTED CONVENTIONAL BAKING CHOCOLATE (100% cacao solids)	**13,989**
Curry Powder	13,586
Ground Ginger	10,935
Black Pepper	9,538
Fresh Sage	8,964
Yellow Mustard Seed	8,195
Fresh Thyme	7,682
ROASTED CONVENTIONAL COCOA POWDER	**7,282**
Chili Powder	6,620
Paprika	6,143
DARK CHOCOLATE (70-85% cacao solids)	**5,832**
SEMI-SWEET CHOCOLATE (35%-65% cacao solids)	**5,056**
Pecans	5,025
Raw Ginger	4,156
Fresh Oregano	3,913
Walnuts	3,792
Black Chia Seeds	2,745
Wild Blueberries	2,694
Dried Apples	1,871
Garlic Powder	1,866
Maca Powder	1,708
Fresh Blackberries	1,654
Raw Garlic	1,598
Cilantro	1,440
Raspberries	1,418
Fresh Basil	1,345
Blueberries	1,307
Almonds	1,247
Fresh Dill	1,230
Strawberries	1,205
Onion Powder	1,201
Peanut Butter	961
Cherries	942
Kalamata Olives	876
Red Delicious Apples	822
Pomegranate Juice	750
Red Cabbage	699
Quick Oats	607
Cooked Broccoli	605
Baked Sweet Potato	592

Oranges	589
Hass Avocado	538
Peaches	538
Arugula	533
Red Grapes	514
Old-fashioned Oats	478
Macadamia Nuts	474
Baked Russet Potato	470
Grapefruit	459
Tangerine	455
Green Leaf Lettuce	429
Red Onions	426
Raw Broccoli	422
Fresh Parsley	364
Mango	364
Coconut Oil	299
Yellow Bell Peppers	292
Romaine Lettuce	284
Canned Salsa	280
Orange Bell Peppers	275
White Onions	241
Kiwi	241
Cooked Bacon	238
Cooked Red Bell Peppers	237
Fresh Red Bell Peppers	229
Banana	222
Cooked Cauliflower	207
Butter	204
Fresh Sweet Corn	203
Fresh Orange Juice	203
Carrots	195
Canned Tomato Sauce	194
Maple Syrup	165
Celery	154
Fresh Red Tomatoes	108
Pineapple	107
Cabbage	148
Cantaloupe	89
Cucumber	64
Watermelon	39

Common Questions

Does cacao contain caffeine?

According to Navitas Organics, here's what you can expect from Cacao Powder and Cacao Nibs:

- Cacao Powder = 6.6mg of caffeine per 1 teaspoon of powder
- Cacao Nibs = 4.6mg of caffeine per 1 teaspoon of nibs

By comparison:

- Coffee; 1 cup brewed: 80-135mg
- Coffee; 1 cup drip: 115-175mg
- Coffee; 1 shot espresso: 75-100mg
- Black tea; 1 cup steeped: 49-90mg
- Matcha tea; 1 cup brewed: 45-60mg
- Green tea; 1 cup steeped: 20-45mg

What is theobromine?

Theobromine is an organic alkaloid compound found in cacao with behavioral effects similar to caffeine and is also found in tea and cola drinks. Theobromine acts as a vasodilator and cardiac stimulant to expand more blood flow in our blood vessels.

What is the difference between cacao and cocoa?

Cocoa beans are called "cocoa" beans and not "cacao" beans because of a spelling mistake made by English importers in the 18th century when chocolate was becoming popular. The real difference between "cocoa" and "cacao" is the processing. Cold pressing unroasted cacao beans yield "cacao." From there, it can be ground into raw cacao powder or used to make raw chocolate. "Cocoa" is raw cacao that is roasted and ground into a powder.

What is Ceremonial Cacao?

Ceremonial Cacao is the highest grade cacao on the planet. It is 100% pure, organic heirloom Criollo cacao from Central and South America. It is simply the whole bean ground and formed into a paste (aka Cacao Liquor). The paste is poured into molds and then solidified into bricks. Ceremonial Cacao is made from a very special bean that makes up less than 5% of the world's cacao production. This rare Criollo bean is the same bean that the Ancients used in their ceremonies.

Many factors go into the matrix of creating a ceremonial grade of cacao. It's not just the variety of beans and the genetics of good trees. The terroir, energy of the land, the growing microclimate, the farming techniques, and production methods are also essential elements.

Then there's the love factor. The energy, wisdom, and intention of the farmers, as well as the shared vision and conscious connection of all hands in the supply chain.

The Criollo bean was highly revered in ancient times. It was used as currency and valued more highly than gold and silver. Criollo cacao was traditionally used by the priests, shamans, and spiritual elite in the ancient Mayan, Aztec & Olmec cultures as a spiritual partner.
In ancient cultures, cacao was reserved for the royal families and spiritual elite who would use it in the ceremony as a gentle multi-dimensional partner to aid travel between the worlds, beyond the veil. Ceremonial grade cacao is now making a comeback as a spiritual facilitator and creative partner because of its accessibility and great taste. Hey, it's chocolate, after all!

Do I have to buy organic cacao?

Lucky for you, the majority of "single-origin cacao" tends to be organic by default. In the chocolate realm, quality trumps quantity every day of the week. Generally, commercially produced chocolate is said to be the most highly sprayed crop on planet earth with pesticides, herbicides, and/or synthetic fertilizers. Organic cacao production may still use "organic" pesticides. There is a huge misconception that organic farmers don't use any pesticides. This is clearly false. Hundreds of "organic" pesticides, herbicides, fertilizers, and fungicides.

Let's dive even deeper.

This includes various materials such as manures and composts, but also some chemical agents such as aluminum-calcium phosphate, magnesium sulfate, calcium polysulfide, sodium chloride, and copper sulfate. However, it is important to note that there is a major difference between the fertilizers and pesticides utilized in organic farming as against traditional agriculture. These inputs need to be of either animal, microbial, plant, or mineral origin to qualify for organic farming. The only exception to the rule is that farmers are allowed to use chemical sources if they cannot find sufficient quantities of organic materials.

There are several major substances available for use in organic farming:

- Boric Acid: It is used for structural pest control only and is not allowed to directly contact organic produce.

- Copper: Copper is utilized in many forms for organic farming. This includes copper hydroxide, copper oxychloride, and copper oxide. This also includes the various products that are exempt from EPA tolerance, but this comes with the caveat that all copper-based inputs must be utilized to reduce accumulation in the soil. Additionally, they should also not be used as herbicides.

- Copper sulfate: Farmers are also to use copper sulfate as well, provided that the application rates of this substance are limited to a level that does not contribute to the baseline soil test values in a region. This value is determined by a local accredited certifying agency and the producer as well.

- Minerals: Numerous minerals such as bicarbonate, kaolin clay, and elemental sulfur can also be utilized for organic farming.

- Non-detergent insecticidal soaps: These can be utilized as either fungicide, pesticide, or algaecide for various food crops.

- Oils: This includes fish oils, vegetable oils, and even petroleum. Types of oils include summer oils, suffocation, and dormant oils.

- Peracetic acid: This acid is utilized for a specific type of bacteria known as fire blight bacteria. It can also be utilized in the formulation of hydrogen peroxide. However, the concentration of peracetic acid can only be limited to a maximum of 6%.

- Pheromones: Pheromones and pheromone traps are allowed in organic farming.

- Plant derivatives: All types of plant-derived ingredients such as neem, seed fennel, caraway oil, ryania, and quassia are permitted.

- Other ingredients: Some of the other major compounds allowed in organic farming include bacillus subtilis, bacillus thuringiensis, beauveria bassiana, coniothyrium minitans, corn gluten, gibberellic acid, hydrogen peroxide, lime sulfur, myrothecium verrucaria, ryanodine, sabadilla, streptomycin sulfate, tetracycline, and vitamin D3.

Are Organic Pesticides Dangerous?

As previously mentioned, a vast majority of the pesticides utilized in organic culture are derived from compounds of natural origins. This, however, does not make these pesticides automatically safer than the synthetic versions found in traditional agriculture.

As we try to answer whether pesticides used in organic agriculture are more dangerous than synthetic pesticides, it is important to remember that one vital fact. Every type of fungicide, pesticide, and insecticide is known to have its own degree of toxicity. There is no uniformity in this department. All of these inputs have their own uses and dangers and need to be applied only by those who have a thorough understanding of these products.

In general, pesticides are toxic materials that contain numerous active chemical substances regardless of their origins. Thus, it is important to take as many precautions as possible before using pesticides.

An example of this can be seen when examining the case of copper sulfate. It is heavily used in the Bordeaux wine mixture as well as in various organic farms. According to the ANES, this compound is supposed to be low in toxicity overall. However, ANES also mentions health hazards related to the use of copper sulfate.

It is noted that the compound can be harmful to farmers and workers employed in specific arboricultural farms such as apricot, hazel, olive, peach, cherry, apple, pear, and plum. Thus, the agency has recommended that the applications of copper sulfate must be reduced as much as possible as it can also harm the various aquatic organisms in the ecosystem.

Thus, it is evident that even a naturally occurring pesticide such as copper sulfate can be harmful to the health of the environment. The doses and context of each pesticide use must be carefully monitored to prevent the degradation of the ecosystem. We can also observe this to be true in the case of rotenone. Until recently, this was an extensively utilized pesticide as it was supposed to be an organic pesticide. However, it was banned in 2011 as it was connected to the risk of causing Parkinson's disease in users and consumers.

Are "Natural" Pesticides Better for the Environment?

It is important to remember that just because a pesticide is classified as a natural pesticide, it does not automatically make it good for the environment. The example of copper sulfate and rotenone presented above shows us that even naturally-occurring compounds utilized in pesticides can cause a wide range of physiological issues to farmers and end consumers. Even Spinosad, an organic insecticide that belongs to the "natural" category, has been proven to be a biological pesticide that poses harmful effects to the environment. In fact, Spinosad is now being considered a highly toxic material as it can be deadly for vital pollinators such as butterflies and bees.

Another study that the University of Guelph recently conducted highlighted the fact that some of the natural pesticides used in organic farming can be more dangerous to an ecosystem than some of their synthetic alternatives.

In some cases, the effective action of biological pesticides has been seen to be less precise than their chemical counterparts. This causes farmers to utilize higher volumes of this pesticide in order to derive the necessary result. Invariably, this very action negates the entire purpose of utilizing natural pesticides.

As a rule of thumb, it is important to note that the use of any pesticide is widely discouraged for the sake of the environment. All pesticides contain some level of toxicity or another, and that is the only reason they are even effective in killing off pests. Due to this fact, farmers need to be cognizant when using synthetic or organic pesticides in their farms.

Contrary to what most people believe, "organic" does not automatically mean "pesticide-free" or "chemical-free." In fact, under the laws of most states, organic farmers are allowed to use a wide variety of chemical sprays and powders on their crops.

So, what does organic mean? It means that these pesticides if used, must be derived from natural sources, not synthetically manufactured. Also, these pesticides must be applied using equipment that has not been used to apply any synthetic materials for the past three years, and the land being planted cannot have been treated with synthetic materials for that period either.

Most organic farmers (and even some conventional farmers) use mechanical and cultural tools to help control pests. These include insect traps, careful crop selection (there are a growing number of disease-resistant varieties), and biological controls (such as predator insects and beneficial microorganisms). When you test synthetic chemicals for their ability to cause cancer, you find that about half of them are carcinogenic.

Until recently, nobody bothered to look at natural chemicals (such as organic pesticides) because it was assumed that they posed little risk. But when the studies were done, the results were somewhat shocking: you find that about half of the natural chemicals studied are carcinogenic as well.

This is a case where everyone (consumers, farmers, researchers) made the same dangerous mistake. We assumed that "natural" chemicals were automatically better and safer than synthetic materials, and we were wrong. We must be more prudent in our acceptance of "natural" as being innocuous and harmless. Clearly, the less we impact our environment, the better off we all are. Organic farming practices have greatly advanced the use of non-chemical means to control pests, as mentioned earlier.

Unfortunately, these non-chemical methods do not always provide enough protection, and it's necessary to use chemical pesticides. How do organic pesticides compare with conventional pesticides?

A recent study compared the effectiveness of a rotenone-pyrethrin mixture versus a synthetic pesticide, imidan. Rotenone and pyrethrin are two common organic pesticides; imidan is considered a "soft" synthetic pesticide (i.e., designed to have a brief lifetime after application and other traits that minimize unwanted effects). It was found that up to 7 applications of the rotenone- pyrethrin mixture were required to obtain the level of protection provided by 2 applications of imidan.

It seems unlikely that 7 applications of rotenone and pyrethrin are really better for the environment than 2 applications of imidan, especially when rotenone is extremely toxic to fish and other aquatic life.

However, it should be noted that we don't know for certain which system is more harmful. This is because we do not look at organic pesticides the same way we look at conventional pesticides. We don't know how long these organic pesticides persist in the environment or the full extent of their effects.

When you look at lists of pesticides allowed in organic agriculture, you find warnings such as, "Use with caution. The toxicological effects of [organic pesticide X] are largely unknown," or "Its persistence in the soil is unknown." Again, researchers haven't bothered to study the effects of organic pesticides because it is assumed that "natural" chemicals are automatically safe.
It is only meant to let you know what you are or aren't getting when you make such a purchase. Unless you know your grower personally, there is no guarantee that your produce has been grown without pesticides or other chemicals.

Given the substantially higher cost of organic foods, it's a point to consider. Organic farmers may have to spray their crops more often to curb pests and weeds over their conventional counterparts. Who is better off if the organic farmers sprays his crops 5 times per year and the conventional farmers sprays his crops once per year? Something to consider folks.

Maybe throw out the organic certification, get farmers to grow crops with no chemicals, and have government agencies find real jobs? That would be a real improvement. It is worth asking your cacao farmers about their growing practices, just like you would ask your fruit and vegetable farmers. Transparency is key, so they should tell you if they use "organic" pesticides. If they don't respond, they are likely hiding something.

Transparency is important for the everyday consumer. I have often found that many farmers go beyond organic with their grower practices. Some farmers cannot afford the expensive organic certification costs, and some simply don't want a government clown agency to waste their time and get in their way.

What is Raw Chocolate?

Raw chocolate is a misleading term. The idea of consuming "raw" foods stems from the belief that foods in their uncooked and unprocessed form are healthier and better for the body and environment. People generally agree that a food is "raw" if it's never heated above 118°F, the temperature at which certain enzymes are destroyed. However, this would make flavour development in chocolate very difficult.

Fermentation is a key step in the chocolate making process, as it's necessary for forming the flavor precursors we associate with chocolate. Temperatures during fermentation regularly hit 122°F and sometimes even higher, rendering most properly fermented cacao no longer "raw." Fermentation is one of the least well-known steps in the chocolate making; however, so many "raw chocolates" are unroasted chocolates, such as Raaka Chocolate. After cacao is harvested, fermented and dried, it's sent to chocolate makers for cleaning, roasting, peeling, and grinding. Even if cacao was very carefully monitored during fermentation to ensure it never went over the temperature threshold, there are two more steps in flavor development that require high heat: roasting and grinding.

The white pulp surrounding the beans in the pod is most definitely raw and a deliciously refreshing treat. The beans eaten straight from the pod are raw but rather bitter and astringent; the health benefits from choking down some wet viable cacao seeds are yet to be investigated. As defined by Wikipedia, raw food is all food below 48°C (118°F).

The fermentation process in cacao generates temperatures as high as 125 degrees Fahrenheit. Many foods are fermented, so can you eat fermented food and still be a raw foodist? Cacao seeds are not fermented; it's the white mucilaginous pulp surrounding the fermented beans. The pulp disappears completely, leaving only the dead-heated seeds. The seeds are then dried and become known as 'beans,' ready for the chocolate factory. Poor fermentation can have serious consequences. If fermentation stops completely, the beans will be 'slaty' and unable to produce quality chocolate.

Short fermentation prevents flavor precursors from developing and results in bitterness and astringency. Too much fermentation develops undesirable flavor characteristics or 'off-flavors' when the beans are roasted. A pure criollo only requires a three-day ferment reaching 50°C (122°F).

Cacao beans can have flavor development if not fermented, but usually, these beans are roasted to bring out some flavor. The unfermented, unroasted beans usually have an off-sour taste that, when made into chocolate, are quite bad. Cacao beans are roasted to not only bring out the specific flavor profiles and to kill salmonella.

Keith Warriner, a food microbiologist at the University of Guelph in Canada, explained the concerns associated with salmonella in chocolate products. "Because chocolate is high in fat, it protects Salmonella from environmental stress and stomach acid," said Dr. Warriner. "So, in effect, if chocolate does become contaminated, salmonella survives longer and only needs to be present in low numbers to survive passage through the stomach."

Chocolate is a not uncommon vector for salmonella. In 2006, both Cadbury and Hershey brand chocolate products were associated with separate salmonella contamination. Cadbury recalled over 1 million chocolate bars in the UK after more than 40 consumers were sickened, and three were hospitalized due to salmonella contamination from poor plant sanitation.

A few months later, Hershey Canada recalled candy products due to possible salmonella contamination, and though there were no reported illnesses, some of this recalled Hershey product re-entered the marketplace two years later.

Roasting cacao is done at a variety of temperatures, but most cacao is roasted between 275-400°F. During the roasting process, the flavor precursors formed during fermentation are transformed into the fudgey, fruity, and nutty flavors associated with chocolate. Which flavors develop depends upon cacao origin, varietal, and roasting time and temperature, but roasting below 118°F won't allow those flavors to fully develop, leaving the beans with the strong earthy undertone which characterizes "raw" chocolate.

Once the unfermented and unroasted cacao is put into the grinder, it runs the risk of heating above the temperatures for raw chocolate. Cacao must be heated to high temperatures during grinding to drive off the volatile acids which make chocolate taste sour or astringent. Beyond the issues with cacao are the sweeteners used in raw chocolate. Most sweeteners must be heated above the raw threshold to remove excess moisture and concentrate the sweetness. Adding a wet sweetener such as honey would cause chocolate to seize, ruining the texture of the chocolate and making it difficult to mold into bars.

As for "Raw" cacao powder, the Broma process uses less heat and pressure than the hydraulic press. Cocoa liquor pressing is not "Raw." It is often a catchy term that marketers throw out, labeling their cacao as "cold-pressed."
(You can see why different types of cacaos can get so confusing!)

The chocolate used in this process comes from beans that are roasted at a high temperature. The liquid cocoa liquor is stored in large storage tanks where it is kept at a temperature of about 70°C to ensure that the liquor remains liquid. The liquor is pumped to the liquor conditioning tanks mounted on each press, where the product is prepared to achieve optimum conditions when pressed into cocoa butter and a cocoa cake.

The liquor is heated to the required temperature in the tank, while high-speed stirring gear ensures quick heat transfer and homogenization of the product as well as reducing the viscosity. This gives the product a relatively thin-fluid consistency and improves its flow and pressing properties.

Industrial presses use as much as 6000 PSI, requiring over a hundred tons of hydraulic pressure pushing on a press cylinder. "Raw" foodists should also be aware of Dutch-processed cocoa. Dutch-processed cocoa is treated with alkali to change its color and give it a milder flavor. Dutch-processed cocoa forms the basis for much modern chocolate and is used in ice cream, hot cocoa, and baking.

The Dutch process accomplishes several things: Lowers acidity, increases solubility, enhances color, and lowers the flavor. The Dutch process reduces the level of flavonols (antioxidants). In conclusion, if "Raw" chocolate tastes like chocolate, chances are it's not "Raw." Most of us eat chocolate because it tastes good; it makes us feel all warm and fuzzy.

However, the preoccupation with "Raw" should be left to our taste buds, not a label. I realize that the raw foodists and raw vegan will completely lose their minds over this. It is merely tribalism. Many tribes, especially dietary tribes, are based on lies mixed with dogma. Some raw vegans goes so far as to not go outside of their virtue-signaling urban juice cult. There are better options…

Cooking alters food in three important ways. It breaks starch molecules into more digestible fragments. It "denatures" protein molecules so that their amino-acid chains unfold, and digestive enzymes can attack them more easily. And heat physically softens food. That makes it easier to digest, so even though the stuff is no more calorific, the body uses fewer calories dealing with it.

Even the raw food advocate Dr. Douglas Graham agrees:
"First, there is no raw chocolate being sold, anywhere. In order to taste like chocolate, cacao beans must be heated. I have lived in the tropics and have tried to bring out the chocolate taste in other ways; it simply cannot be done. Even the fermented chocolate so said to be raw is eventually heated and high enough to be cooked."

Fermentation and roasting are critical steps to develop the necessary flavors of the beans to produce top-notch chocolate. I believe that the raw chocolate movement is reminiscent of the organic movement, simply a marketing angle. However, I buy roasted and unroasted (raw) chocolate. My advice is that you should try both roasted and unroasted chocolate and come to your own conclusion. The bottom line is that "raw chocolate" should really be marketed as "unroasted chocolate."

Do cacao plantations use slave labor?

Unfortunately, yes. If you buy commercial chocolate, the chances are good that the cacao was produced with slave labor. You are actively supporting the pain and suffering of men, women, and children working in a harsh, violent environment designed to produce as much cacao as possible.

As the popularity of chocolate rises each year, the slave trade grows. Obviously, buying fair trade chocolate helps, but that is only one way to counter this problem. Food Certifications are a nice thought to make Americans feel good. Just like expensive liberal arts college degrees, they are great for feeding bonfires.

Most of the slave labor comes from West Africa, specifically Ghana and Ivory Coast. The cocoa is sold to massive chocolate companies, including the largest in the world. Many organizations and journalists have at least put in the effort to expose the blatant child labor and slavery. For me, that is not good enough.

However, in recent years, evidence has resurfaced of child labor and slavery on Brazilian cocoa farms, many of which have similar conditions to the farms in Western Africa.

Cocoa from Ghana, Ivory Coast and Brazil flows to the chocolate giants Hershey's, Mars and Nestle. This directly connects to forced child labor, human trafficking and slavery. Cocoa flowed from South America to Western Africa by the Europeans.

The average cocoa farmer makes less than $1/ day. No one on planet earth can survive on less than $1/day. Using forced child labor enhances this competitive edge in the chocolate industry; thus, mass-manufactured chocolate tends to be priced cheaper than craft chocolate. It is estimated that around 2.1 million children in Western Africa (Ghana and Ivory Coast) currently are exposed to forced child labor.

Kids are immersed in their intense poverty-based environment. Remember, your environment is much more powerful than your willpower (for the average person). Often, kids are sold to traffickers who plunge them into unsafe "cocoa factory farms."

In one village in Burkina Faso, virtually every mother has been a victim of having children trafficked and sold into the "cocoa factory farms."
Undercover journalists exposed cocoa traffickers in Ghana who sold children for $34 each.
These children were eventually reunited with their families. Often, some are gone for years when children are trafficked, and some are gone forever!

Children are usually between 12 and 16, and some are even as young as 5. They work long hours (12-14 on average) use machetes and chainsaws to clear trees. Many children have scars from slashing branches and pods. When they gather the cocoa beans, they have to carry or drag 100 lb. bags through the jungle.

Aly Diabate, a former enslaved cocoa worker, said, "Some of the bags were taller than me. It took two people to put the bag on my head. **And when you didn't hurry, you were beaten!**" These labor conditions are a blatant violation of international labor laws.

These poor kids are also exposed to spraying pesticides, particularly in Ghana and Ivory Coast. They are not given PPE equipment. Farm owners feed the kids with the cheapest possible foods, such as corn paste, cassava and bananas. Children sleep on wooden shelves in tiny buildings with no windows, clean water or bathrooms.

Around 30% of child laborers in the Ivory Coast do not attend school; this violates the ILO's Child Labour Standards. The children are enslaved and usually never have a way out of the cycle of poverty. Aboudnamune, a 13-year-old child who has been working on cocoa farms since he was 11, described his experience:
"We are hungry, and we just make a small amount of money."

In 2015 the Ivory Coast passed laws requiring children to attend school until age 16 and making it illegal for children under 16 to work, but this has had little impact on children trafficked onto cocoa farms. In an investigation by *The Washington Post*, a cocoa laborer named Abou Traore first told a reporter that he was 19 years old, but when the farmer overseeing him wasn't looking, Abou revealed that he was 15.

Abou, who is from Burkina Faso, started working on the cocoa farms when he was 10 years old. "I came here to go to school," Abou said. "I haven't been to school for five years now."

Some children labor on their parents' farms in Ghana and the Ivory Coast. Cocoa farmers who want to send their children to school are often unable to afford to. Mr. Zongo, a farmer who has been working in cocoa for 30 years, could only afford to send one of his children to school.

"We are exhausted, and we don't have enough money," Mr. Zongo said.

Parents like Mr. Zongo are forced to include their children in the farm labor instead of sending them to school because they are not paid enough for the cocoa they sell. This is not because chocolate is unprofitable; the chocolate industry makes about $103 billion a year in sales.

Through the industry's exploitation of cocoa farmers, these corporations can produce obnoxious profits. Big chocolate companies have absolutely no incentive to improve cocoa farmers' conditions and eliminate forced child labor. Remember that the next time you eat chocolate from Hershey's, Mars and Nestle.

Slavery In Western Africa

Many children trafficked into Western African cocoa farms are forced to work without pay. Abby Mills, the campaign director for the International Labor Rights Forum, reported, "Every research study ever conducted in Western Africa shows that there is human trafficking going on, particularly in the Ivory Coast." A journalist who visited cocoa farms in Ghana during

the making of the documentary *Invisible Hands* said that they found incidences of trafficked children on all farms they visited.

Both children and adults are enslaved on cocoa farms in the Ivory Coast and Ghana. A study found that 23% of surveyed cocoa laborers reported having performed work without compensation in Ghana. While the term "slavery" has a variety of historical contexts, slavery in the cocoa industry involves the same core human rights violations as other forms of slavery throughout the world.

In the documentary Chocolate's Heart of Darkness, journalists interviewed a cocoa laborer named Aziz who worked for five years without payment, starting when he was 15 years old. Another laborer on the same farm named Ali worked for six years without being paid. After years of working for free, Ali and Aziz were given small cocoa parcels as "rewards," which they could sell for very little. Ali, for example, made only about $250 in one year from selling his share of cocoa.

Cases of slavery in the cocoa industry often involve acts of physical violence, such as being whipped for working slowly or trying to escape. Reporters have also documented cases where children were locked in at night to prevent them from escaping. Former enslaved cocoa worker **Aly Diabate told reporters, "The beatings were a part of my life. Anytime they loaded you with bags, and you fell while carrying them, nobody helped you. Instead, they beat you and beat you until you picked it up again."**

Drissa, a freed enslaved worker who had never even tasted chocolate, experienced similar circumstances. When asked what he would tell people who eat chocolate made from slave labor, he replied that they enjoyed something that he suffered to make, adding, "When people eat chocolate, they are eating my flesh."

In the Supreme Court case *Nestlé USA and Cargill v. Doe*, six people from Mali sought damages from Nestlé and Cargill for being trafficked into the Ivory Coast as children and forced to work on cocoa farms in the Ivory Coast.

The plaintiffs described how guards would punish child workers who attempted to flee with pure evil punishments such as forcing them to drink urine or slicing their feet open. If the guards thought they weren't working quickly enough, they would beat them repeatedly with tree branches. The plaintiffs also described how they were kept in locked rooms at night and only given small scraps of food to eat.

The workers' attorney, Paul L. Hoffman, said his clients were "former child slaves seeking compensation from two U.S. corporations which maintain a system of child slavery and forced labor in their Ivory Coast supply chain as a matter of corporate policy to gain a competitive advantage in the U.S. market."

Business groups like the U.S. Chamber of Commerce and Nestlé and Cargill wanted the case tossed out and got their wish when the Supreme Court sadly ruled in favor of the chocolate companies.

Nestlé and Cargill, along with Mars, Hershey's, Barry Callebaut, Olam and Mondelēz, were sued in another federal case (still pending) involving eight formerly enslaved plaintiffs also trafficked from Mali to cocoa farms in the Ivory Coast. Among other abuses, the plaintiffs were fed very little and were often kept alone, isolated from one other, while on the cocoa farms. The chocolate companies unsurprisingly tried to get the case tossed here as well.

Child Labor And Slavery In Brazil

Child labor and slavery have largely been kept hidden from the public until a few years ago. While cocoa is native to the Amazon, Brazil only produces about 3.7% of the world's supply. The Brazilian states of Pará and Bahia account for almost all the country's cocoa production. The residents of the main municipalities that produce cocoa, Ilhéus in Bahia and Medicilândia in Pará, face high rates of poverty. **In Illhéus, for example, more than 22% of the population live in homes without a toilet or running water.**

At least 7,900 children and adolescents between the ages of 10 and 17 work on Brazil's cocoa farms. Veronica, a 14-year-old child who was interviewed in the documentary *The Cocoa Route*, has been working in cocoa since the age of 7. Stacking the cacao beans is the part of the harvest process that most often uses child labor in Brazil. Like in Western Africa, the Brazilian child workers also use machetes to harvest the cocoa from tree branches. They then carry baskets of the fruit, which can weigh up to 44 pounds, on their backs.

Parents who work in cacao production often have no choice but to include their children in the harvest. Interviewed parents described that since farmers are paid such a low price for the cocoa if their children do not collaborate on the plantations, "the bills don't get paid."

Many children who work on cocoa farms do not attend school, or if they do attend, they may arrive without their homework completed and fall behind in their learning as a result. In a report by the ILO, the parents interviewed want to prioritize education in their children's lives but are faced with no alternative.

One cocoa farmer described, "If I didn't have this rope around my neck, my 12-year-old-son, who works in the harvest, would be studying." Cases of slavery in Brazilian cocoa production were also discovered in recent years. Enslaved cocoa workers have been subject to unsanitary housing, poor work conditions, debt bondage, and long work hours. In three inspection operations in the same main cocoa-producing municipalities, Medicilândia and Ilhéus, 83 workers were rescued.

In June 2017, three workers were rescued from conditions of slavery that they had been experiencing since 2009. Inspectors discovered two huts with "appalling storage and hygiene conditions" and without electricity, running water, or toilets. The people that lived there had to collect untreated water to drink using empty agricultural chemical packaging to carry the water.

The Industry's Response

The chocolate industry has not adequately addressed accusations of child labor in its supply chain, and many companies refuse to release information about where they sourced their cocoa. Recently, many of the world's largest chocolate manufacturers have admitted to the existence of child labor and slavery within their supply chains, but this is only because consumers have pressured them.

Since companies have been forced to acknowledge these abusive practices, their next tactic has been to distance themselves from their responsibility to end them: they publicly express concern over child labor and slavery to distract consumers from the fact that they profit from the unliveable conditions for cocoa laborers.

The world's largest chocolate manufacturers have formed various initiatives to supposedly address child labor and slavery in cocoa production, but these initiatives have unsurprisingly done little to remove either abuse.

While the chocolate companies frequently claim large numbers of farmers are impacted by their programs, their language is vague. For example, in Cargill's "Cocoa Promise" program, they say they seek to have "1,000,000 farmers 'benefiting' from the services by 2030." Cargill and other companies intentionally mislead consumers to believe that farmers' lives are improving, or will improve, even though farmers themselves tend to see little impact on their lives from these programs.

These initiatives often don't even involve very many farmers. Nestle's Cocoa Plan, for instance, only works with 5% of cocoa farmers in the Ivory Coast. There has been almost no reporting that reveals any large-scale impact from these programs.

We also know from watching the largest chocolate manufacturers postpone a commitment to end the worst forms of child labor in cocoa for more than 15 years that promises it makes about its efforts mean nothing. In 2001, heads of Mars, Hershey, Nestlé USA, and other companies signed a deal called the Harkin-Engel Protocol, pledging to end "the worst forms of child labor" in their cocoa suppliers in four years.

In 2005, they missed the deadline to end child labor in their cocoa supply and proceeded to miss deadlines in 2008 and 2010. The chocolate industry then scaled back its "goal" to reducing child labor only by 70% in 2020, and by that year, the amount of child labor had increased.

The chocolate companies signed the Harkin-Engel Protocol because they were desperate to avoid proposed legislation that would have created a federal certification system to indicate whether or not cocoa was harvested using child slavery. Under the protocol, federal regulators were kept from monitoring the chocolate supply, and the responsibility to end child labor and slavery in the chocolate industry was instead placed with the chocolate companies.

A former spokesperson for the Chocolate Manufacturers Association, Susan Smith, said, "We don't need legislation to deal with the problem. We are already acting." Yet, two decades later, the problem has only worsened.

"We haven't eradicated child labor because no one has been forced to," said Antonie Fountain, the managing director of a group seeking to end child labor in the cocoa industry called the Voice Network. "What has been the consequence . . . for not meeting the goals? How many fines did they face? How many prison sentences? None. There has been zero consequence."

While the chocolate industry has taken little action to address child labor and slavery, companies have put enormous energy into exaggerating their efforts. Leaked documents from a World Cocoa Foundation (WCF) strategy meeting, where representatives from Nestlé, Hershey's, Mars, and others were present, showed that the industry prioritized messaging around its "accomplishments" in addressing child labor and slavery over ending those abuses.

The leaked documents additionally show how the chocolate industry attempts to downplay the abuse in its supply chain. As the WFC meeting notes reveal, chocolate companies were given early access to the draft of a NORC at the University of Chicago report on the prevalence of child labor on Ghana and the Ivory Coast's cocoa farms. The companies expressed "comments and concerns" that led NORC to revise and likely water down the report.

The draft of the NORC report, which was also leaked, included higher numbers of children working in cocoa: the early version stated that 2.1 million children are engaged in child labor on Ghana and the Ivory Coast's cocoa farms, but NORC lowered the number of child laborers to 1.56 million in the final published version. No amount of reworking the methodology can hide the fact that the number of children working on cocoa farms has increased over the past 20 years due to the cocoa industry's failure.

Neither of these estimates even include the number of trafficked children working in cocoa, given that the NORC report did not cover forced child labor.
The WFC strategy meeting document included an agreed-upon statement from the cocoa industry that seeks to obscure the prevalence of child labor and slavery: "The cocoa and chocolate industry has zero-tolerance for forced labor by adults or children and these practices are extremely rare."

The chocolate industry is also being called upon to develop and financially support programs to rescue and rehabilitate children who have been sold to cocoa farms. To date, the industry has done just as little to aid survivors of child labor as it has done to prevent child labor in the first place. This lip service is characteristic of the chocolate industry, which has the resources to address and eliminate child labor but consistently fails to take action.

Are The Labels On Chocolate Meaningful?

The truth is that as consumers today, we have no sure way of knowing if the chocolate we buy involves the use of slavery or child labor. Between a quarter and a third of all cocoa is grown under a certification label, such as various fair trade certifications and the Rainforest Alliance/UTZ Certification; however, no single label can guarantee that the chocolate was made without the use of exploitive labor.

The third-party inspectors for these certifications are usually only required to visit fewer than 10% of cocoa farms. Moreover, audits are usually announced in advance, enabling farmers to hide rule violations evidence. These inspections have made child labor more hidden while remaining just as prevalent.

Some certifiers even claim that their standards for labor practices do not come with a guarantee that they are being met. One certifier said, "There is no guarantee. We don't use the word guarantee."

In 2010, the founders of the "Fair Trade" certification process had to suspend several of their Western African suppliers due to evidence that they were using child labor. Additionally, in 2011, a Danish journalist investigated farms in Western Africa where major chocolate companies buy cocoa. He filmed illegal child labor on these farms, including those certified by the now merged certification bodies, UTZ and Rainforest Alliance. Another advocate found trafficked children laboring on Fair Trade certified cocoa farms in the Ivory Coast as recently as May 2017.

UTZ has rules against child labor, but its co-sponsored reports in 2013 and 2017 that found that child labor was even more prevalent on UTZ certified farms in the Ivory Coast than other farms. Children on UTZ-certified farms were also more likely to be engaged in hazardous tasks such as working with agricultural chemicals and machetes.

An author of one of the UTZ-sponsored reports said, "Consumers believe that by buying certified cocoa, they are doing something good for the environment, or children or farmers. But that is fiction."

Charity Ryerson, a co-founder of corporate accountability nonprofit, said she found little evidence when visiting cocoa farms in the Ivory Coast that anyone was making sure "certified" farms were complying with standards. She described how a requirement for clean bathrooms was checked off on an evaluation checklist even though none of the farms has bathrooms.

Ryerson added, "From our experience talking to farmers, it was clear that certification meant almost nothing. It's an open secret in the Ivory Coast that no one checks the certified farms for compliance."

A report by the University of Sheffield found that 95% of the cocoa workers they surveyed in Ghana did not know whether their worksite was certified or not.
Brazil is the "least certified cocoa country," but its certifications are very similar to that of cocoa in Western Africa.

Patrícia de Mello Sanfelici, a member of the ILO report team, said that companies will show "perfect reports, but in fact, they are only documents … they don't represent the real thing, what really happens when we are not looking." It is not an accident that certifications fail to improve labor conditions in the cocoa industry. Because certifiers compete with one another, they often lower standards or enforcement in order to attract clients.

Another issue is that even if not all the cocoa farms employ the same labor practices, cocoa beans that a certifier gets from separate farms may not be labeled and may all be mixed together upon arrival. Journalists documented bags of beans from about 40 different farmers arriving at Coopaweb, a cocoa cooperative in the Ivory Coast, being opened and combined with one another prior to being shipped out.

Coopaweb sells its beans to Cargill, which supplies companies like Hershey's, Mars, and Nestlé, and was Fair Trade certified until it had its certification suspended for undisclosed reasons.

The following is an excerpt from a study conducted by the Corporate Accountability Lab on the failure of initiatives in the chocolate industry like certifications:

"To understand the gap between consumer perception and farmer impact better, we brought certified chocolate bars to villages where some or all farmers were certified. We held up the bar with the label and explained to the farmers what consumers expected out of the label (primarily that farmers were paid a fair price, earned a decent living, and certain practices—like child labor and deforestation—were not present). We also explained the difference in retail price between Fairtrade and uncertified chocolate.

The overwhelming response of farmers to this information was shock and outrage. One farmer pulled his worn shirt out in front of him and asked if it looked like he earned a decent living. A woman in one village said she could hardly afford to send her children to school, so how could anyone think she earned a fair price.

Our farmer consultations revealed virtually imperceptible differences between certified and uncertified farms in terms of living incomes, poverty, education, access to healthcare, farmer bargaining power, or access to information. Chocolate companies keep certifying their products to tell consumers that they source their cocoa ethically, but the abuse continues."

A Living Income For Cocoa Farmers

Certifications are not helpful with regards to stopping slave labor. Unless you are handing big dollars to the cacao farmers, how in the world do you know if your cacao is made without slave labor and paid a fair wage? A living income should afford food, housing, clothes and any essential needs for the farmer's family.

No cocoa farmers in Ghana or the Ivory Coast make a living income. This even includes cocoa farmers who must turn to grow additional crops besides cocoa to supplement their incomes. As long as farmers do not earn a living income, they will not have enough to pay the workers on their farms a living income, and child labor and slavery will continue to pervade the industry.

Most certified cocoa farmers also still live in poverty. Certified farms receive payments called "premiums," but they are partially paid to a communal fund for farmer training. The remaining money paid directly to farmers is minimal.

A UTZ certified farmer, for instance, receives only the equivalent of around $99 to $158 in cash per year from premiums. Fernando Morales-de la Cruz, founder of Cacao for Change, said, "As a business model, Fairtrade was never designed to be fair to farmers or farm workers because the payment made to them has always been unfair."

In addition to certification bodies, some chocolate companies and the governments of Ghana and the Ivory Coast have put forward policies for minimum prices that should be paid to farmers for their cocoa. Despite having names like "Living Income Reference Price" and "Living Income Differential," these prices are still too low for cocoa farmers to make a living income.

Chocolate companies have been resistant to paying Ghana and the Ivory Coast's Living Income Differential (LID) an extra $400 charged per ton of cocoa paid to the countries' governments. The purpose of the LID is to increase cocoa farmer incomes, although there is concern about how much of the money will directly benefit farmers.

In 2020 Hershey's bought approximately 30,000 tons of cocoa in an exchange to avoid paying this extra price. Whether or not the LID is successful in its goal, the fact that Hershey's tried to opt-out of an effort to improve farmer incomes reveals how much it values profit over workers' lives.

Despite their role in contributing to child labor, slavery, and human trafficking, the chocolate industry has not taken significant steps to remedy the problem.

Within their $103 billion-per-year industry, chocolate companies have the power to end the use of child labor and slave labor by paying cocoa farmers a living income for their product.

For example, the chocolate company Ferrero could provide a living income for all 90,000 cocoa farmers producing its cocoa and still pay the Ferrero family about $233 million a year.

Money is a neutral tool, and it is no good until it is deployed.

Recipes

Cacao Milk

Makes 1 serving

1 vanilla bean
½ tsp. ground cinnamon
2 T. raw cacao powder, Terrasoul or Navitas Naturals
2 c. raw whole milk*
1 T. raw honey

Lay a vanilla bean on a cutting board. With a small paring knife, split the bean lengthwise. Scrap the vanilla paste out of the bean and spread it onto a plate or a small bowl. Scoop ¼ of the paste into a Vitamix or Ninja blender. (1 vanilla bean split and scraped = 1 tsp. vanilla extract)

Add the cinnamon, cacao powder, milk, and honey precisely. Blend on High and chill for at least 2 hours. The Cacao Milk lasts 3-4 days, although it tastes best on days 1 and 2.

I am not a fan of conventional chocolate milk drinks, and the chalky, powdery dude-bro protein shakes on the market. I used to be a huge fan of Carnation Instant Breakfast as a kid. For me, it takes my mind back to those days without the soy-induced tummy ache and much less sugar.

Macros

Calories	408
Total Fat	17g
Saturated Fat	9.1g
Monounsaturated Fat	3.36g
Polyunsaturated Fat	0.52g
Omega-3	0.01g
Cholesterol	59mg
Sodium	186mg
Total Carbohydrate	47g
Fiber	2.7g
Sugar	41g
Protein	18g

Vitamins

Vitamin A	156.36mcg
Vitamin B1	0.27mg
Vitamin B2	0.67mg
Vitamin B3	0.54mg
Vitamin B6	0.30mg
Vitamin B9	0.08mcg
Vitamin B12	2.64mcg
Choline	87mg
Vitamin D	5.37mcg
Vitamin E	0.27mg
Vitamin K	1.9mcg

Minerals

Calcium	613.73mg
Iron	1.56mg
Magnesium	139.84mg
Manganese	0.23mg
Phosphorus	493.96mg
Potassium	917.82mg
Selenium	9.31mcg
Zinc	2.02mg

Fudge Brownies

Makes 9 brownies

1 ½ sticks unsalted butter
4 oz. unsweetened baking chocolate, chopped
2 large eggs
1 1/3 c. granulated sugar
2 tsp. Vanilla extract
¼ tsp. salt
¼ c. cake flour sifted

Heat oven to 350 and grease a 9" square baking pan. Line it with parchment paper. Melt the butter and chocolate in the microwave in 15-20 sec intervals, stir occasionally. (Or melt using a double boiler.)

Whip the eggs, vanilla, sugar and salt for 4-5 min on high speed until it's thick and light. While stirring, pour some egg mixture into the chocolate to lighten it up. Then pour the chocolate into the egg mix on med speed. Mix in the flour.
Pour and spread out into the pan. Bake for 30-40 min.
Cool and cut into 9 pieces.

Per Serving: 1 brownie

Macros	
Calories	379
Total Fat	23g
Saturated Fat	14g
Monounsaturated Fat	2.07g
Polyunsaturated Fat	0.21g
Omega-3	0.02g
Cholesterol	82mg
Sodium	84mg
Total Carbohydrate	40g
Fiber	2.2g
Sugar	34g
Protein	3.5g

Vitamins	
Vitamin B1	0.05mg
Vitamin B2	0.08mg
Vitamin B3	0.43mg
Vitamin B5	0.26mg
Vitamin B9	14.34mcg
Vitamin B12	0.09mcg
Choline	39mg
Vitamin K	1.3 mcg

Minerals	
Calcium	20.24mg
Copper	0.43mg
Iron	2.76mg
Magnesium	42.87mg
Manganese	0.56mg
Phosphorus	54.85mg
Potassium	128.37mg
Selenium	4.76mcg
Zinc	1.48mg

Dark Chocolate Ice Cream

Makes 10 servings

1 vanilla bean, scraped
1 c. cacao powder
2/3 c. granulated sugar
½ c. brown sugar
1 ½ c. raw milk
3 ¼ c. heavy cream

Whisk the vanilla, cacao powder and sugars together in a large mixing bowl. Whisk in the liquids and chill for at least 12 hours. Place your ice cream maker bowl and paddle in the freezer for at least 12 hours. I prefer the Cuisinart Ice Cream Maker for home use.

Turn on your ice cream maker for a few minutes. Slowly pour in the cold ice cream mix. Churn for 15-20 minutes.

Per Serving: 1/10 recipe

Macros	
Calories	430
Total Fat	31g
Saturated Fat	19g
Monounsaturated Fat	7.35g
Polyunsaturated Fat	1.26g
Omega-3	0.02g
Cholesterol	93mg
Sodium	38mg
Total Carbohydrate	35g
Fiber	2.4g
Sugar	28g
Protein	5.8g

Vitamins	
Vitamin A	332.29mcg
Vitamin B1	0.03mg
Vitamin B2	0.20mg
Vitamin B3	0.10mg
Vitamin B6	0.05mg
Vitamin B9	3.23mcg
Vitamin B12	0.32mcg
Choline	19.9mg
Vitamin C	0.5mg
Vitamin D	1.65mcg
Vitamin E	0.74mg
Vitamin K	2.6 mcg

Minerals	
Calcium	105.85mg
Copper	0.02mg
Iron	1.9mg
Magnesium	106.88mg
Phosphorus	82.7mg
Potassium	353.79mg
Selenium	3.25mcg
Zinc	0.34mg

Cacao Banana Smoothie

Makes 1 serving

1 small frozen banana, sliced
2 Medjool dates, pitted
2 T. raw cacao powder
1 T. chia seeds
2 T. almond butter
1 c. milk

Blend everything at High speed until it is smooth.

Macros	
Calories	681
Total Fat	33g
Saturated Fat	7.3g
Monounsaturated Fat	13.6g
Polyunsaturated Fat	8.76g
Omega-3	0.01g
Cholesterol	29mg
Sodium	171mg
Total Carbohydrate	86g
Fiber	15g
Sugar	58g
Protein	21g

Vitamins	
Vitamin A	84.44mcg
Vitamin B1	0.43mg
Vitamin B2	0.76mg
Vitamin B3	3.14mg
Vitamin B5	0.38mg
Vitamin B6	0.73mg
Vitamin B9	56.49mcg
Vitamin B12	1.32mcg
Choline	85.9mg
Vitamin C	8.8mg
Vitamin D	2.68mcg
Vitamin E	8.01mg
Vitamin K	3.1 mcg

Minerals	
Calcium	483.03mg
Copper	0.72mg
Iron	4.06mg
Magnesium	207.05mg
Manganese	0.14mg
Phosphorus	551.76mg
Potassium	1,586.68mg
Selenium	10.01mcg
Zinc	3.03mg

Recommended Resources

Below is an extensive International list of artisan cacao/chocolate makers from all walks of life. This list includes suppliers of ceremonial cacao, raw cacao powder, single-origin dark chocolate bars, and their country or state of origin with a major emphasis on bean to bar chocolate. There is something for everyone. Travel around the globe through chocolate!

At the time of this publication, every business below ships to the USA.

(* indicates that this site sells organic and/or organically raised cacao/chocolate)

Adagio Chocolates (Ecuador)

https://tinyurl.com/2p85yzr3

Aduna Super Foods (Ghana)

www.aduna.com

Aelan Chocolate* (Vanuatu)

www.aelanchocolate.com

Afrikoa South African Chocolate*

(Tanzania)

www.afrikoa.com

Agapey (Grenada)

www.agapey.com

Ajala Chocolate* (Guatemala)

https://eshop.ajala.cz/

Akesson's (Madagascar)

www.akessons-organic.com

Alain Ducasse*

(Bolivia, Colombia, Ecuador, Honduras,

India, Indonesia, Madagascar, Mexico, Peru,

Philippines, Sao Tome, Tanzania, Trinidad,

Venezuela, Vietnam)

www.lechocolat-alainducasse.com/en/

A La Reine Astrid (Cameroon, Haiti, Peru)

https://tinyurl.com/yc7wm946

Alegio Chocolate (Sao Tome)

www.alegio.com

Alkimia Chocolate* (Peru)

www.alkimiachocolate.com

All Things Chocolate (India)

https://theallthingsshop.com/collections/all

Aloha Feels Chocolate* (Hawaii)

www.alohafeels.com

Alouss Chocolate (Australia)

www.alouss.com/shop/?v=6cc98ba2045f

Alovitox* (Peru)

www.alovitox.com

Alter Eco (Ecuador)

www.alterecofoods.com

Amano* (Dominican Republic)

www.amanochocolate.com

Amatller Chocolate (Ecuador)

www.chocolateamatller.com/en/

Amazing Cacao* (Congo, Ecuador, Guatemala, India, Peru)

www.amazingcacao.com

Ambar Chocolate (Brazil)

www.ambarchocolate.com.br

Almsjee Cocoa* (Nigeria, Sao Tome)

www.almsjeecocoa.com

Amedei* (Venezuela)

https://us.amedei.it

Amma Chocolate (Brazil)

https://tinyurl.com/39m37mhr

Amo Cacao* (Mexico)

www.amocacao.com

A. Morin (Mexico)

https://tinyurl.com/mumu6edc

Amrita Cacao* (El Salvador)

www.amritacacao.com

Amy Sargeantson Chocolate*

(Papua New Guinea)

www.sargeantson.com.au

Amy's Chocolate* (Ecuador)

www.amyschocolate.net

Anahata Cacao* (Dominican Republic)

www.anahatacacaojourney.com

Anarchy Chocolate* (Thailand)

www.anarchychocolate.com

Ancestral Roots* (Peru)

www.ancestral-roots.com

Ancient Purity* (Peru)

www.ancientpurity.com

Andean Star Super Foods* (Peru)

www.andeanstarsuperfoods.com

Andre's Chocolate* (Ecuador, Madagascar, Venezuela) www.andreschocolates.com

Animas Chocolate (Belize)

www.animaschocolatecompany.com

Antidote (Ecuador)

www.antidotechoco.com

Antler Farms* (Peru)

www.antlerfarms.com

Antonio Pueo (Philippines)

https://tinyurl.com/3ax6v5pf

Appalachian Chocolate Company (Ecuador)

https://tinyurl.com/4xyet6ma

Ara Chocolat* (Colombia, Costa Rica, Peru, Venezuela) https://tinyurl.com/yc7vxtcu

Arendel (Trinidad)

www.arendel.com

Argencove Chocolate (Nicaragua)

www.argencove.com

Arktara* (Guatemala)

https://tinyurl.com/2p9et8pw

Artisan du Chocolat (Colombia)

www.artisanduchocolat.com

Artist Chocolate* (Ecuador, India, Madagascar, Trinidad)

www.artistchocolate.com

Aruntam Chocolate* (Ecuador)

www.aruntamchocolate.com/en/

Askanya (Haiti)

www.askanya.ht

Askinosie (Ecuador, Philippines, Tanzania)

www.askinosie.com

Atelier Chocolat* (Ecuador, Panama, Peru)

www.atelierchocolat.com.au

Atypic Chocolate* (Solomon Islands, Vanuatu)

www.atypic-chocolate.com.au

Au Chocolat*

(Colombia, Dominican Republic, Honduras, Mexico, Nicaragua, Papua New Guinea, Peru, Vietnam)

www.auchocolat.ca

Auro Chocolate (Philippines)

https://tinyurl.com/aybv9v9j

Ava Alchemy* (Guatemala)

https://tinyurl.com/42w5b4v5

Avanaa* (Colombia, Dominican Republic)

www.avanaa.ca/en/

Azure Standard* (Ecuador, Peru)

www.azurestandard.com

Bahen Chocolate* (Guatemala, Madagascar, Papua New Guinea, Vietnam)

www.bahenchocolate.com

Baiani Chocolate (Brazil)

www.baiani.com.br/en/

Bantu Chocolate (Cameroon)

www.bantuchocolate.com

Bar Au Chocolat*

(Costa Rica, Ecuador, Madagascar, Mexico, Peru, Tanzania, Trinidad, Venezuela)

www.barauchocolat.com

Bar Bon Chocolate (Ecuador, Honduras, Mexico)

www.barbonchocolate.com

Bar Bones Chocolate*

(Dominican Republic, Guatemala, Honduras, Madagascar)

www.bareboneschocolate.co.uk/

Bar & Cocoa*

(Belize, Bolivia, Colombia, Congo, Costa Rica, Dominican Republic, Ecuador, Fiji, Ghana, Grenada, Guatemala, Haiti, Honduras, India, Indonesia, Jamaica, Madagascar, Mexico, Nicaragua, Papua New Guinea, Peru, Philippines, Sao Tome, Sierra Leone, Solomon Islands, Sri Lanka, Taiwan, Tanzania, Trinidad, Uganda, Vanuatu, Venezuela, Vietnam)

www.barandcocoa.com

Bare Koko (Ghana, Nicaragua)

www.barekoko.com

Bare Organics* (Peru)

www.bareorganics.com

Baratti & Milano (Ecuador)

www.barattiandmilano.com

Barron Hasselhoff's Chocolate*

(Mexico, Peru, Solomon Islands)

www.baronhasselhoffs.co.nz

Bare Seed* (Peru)

www.bareseed.com.au

Batch Craft (Ecuador)

www.batchcraft.com

Bean Bar You*

(Australia, Bolivia, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, Ghana, Guatemala, Hawaii, Honduras, India, Indonesia, Madagascar, Mexico, Nicaragua, Panama, Papua New Guinea, Peru, Philippines, Samoa, Solomon Islands, Tanzania, Thailand, Trinidad, Uganda, Vanuatu, Venezuela, Vietnam)

https://beanbaryou.com.au

Bean to Bar Colombia* (Colombia)

www.beantobarcolombia.com

Beans to Bars* (Singapore)

www.beanstobars.sg

Bean to Bar World*

(Belize, Bolivia, Costa Rica, Dominican Republic, Ecuador, Ghana, India, Jamaica, Madagascar, Mexico, Nicaragua, Peru, Philippines, Tanzania, Uganda, Venezuela, Vietnam) www.beantobarworld.com

Beau Cacao (Malaysia)

www.beaucacao.com

Beanu Chocolate*

(Ecuador, Grenada, Guatemala, Madagascar, Nicaragua) www.beanuchocolate.com

Belize Cacao (Belize)

www.belize-cacao.com

Belize Chocolate (Belize)

www.belizechocolatecompany.com

Bellflower Chocolate*

(Bolivia, Dominican Republic, Ecuador, Tanzania) www.bellflowerchocolate.com

Belmont Estate Chocolate (Grenada)

https://belmontestate.gd/shop

Belu Cacao (El Salvador)

www.belucacao.com

Belvas*

(Dominican Republic, Peru)

https://www.chocolaterie-belvas.be/en/homepage/

Belvie Chocolate (Vietnam)

https://tinyurl.com/3fp2mkx9

Benchic Chocolate* (Dominican Republic)

www.benchic.com/products/new-chocolate-makin-kit

Bennetto* (Madagascar)

www.bennetto.co.nz

Benns Ethicoa

(India, Malaysia, Thailand, Vietnam)

www.bennsethicoa.com

Benoit Nihant*

(Belize, Ecuador, Guatemala, Honduras, Madagascar, Nicaragua, Venezuela)

https://shop.benoitnihant.be

Bernachon (Brazil)

https://boutique.bernachon.com/en/

Beskid Chocolate*

(Ecuador, Guatemala, Peru, Philippines)

www.beskidchocolate.pl

Better Body Foods* (Peru)

www.betterbodyfoods.com

Beussent Lachelle

(Ecuador, Mexico, Papua New Guinea, Peru, Tanzania, Vietnam)

www.choco-france.com

Beyond Good (Madagascar, Uganda)

www.beyondgood.com

Bibamba Chocolate (Cameroon)

www.bibamba.com

Bija Chocolate (Peru)

https://tinyurl.com/yjeutjy4

Biji Kakao* (Indonesia, Papua New Guinea)

www.bijikakao.com

Birdsnake Chocolate* (Colombia, Ecuador, Madagascar, Peru, Tanzania)

www.birdsnake.com.au

Bisou Chocolate* (Belize, Ecuador, Ghana, Haiti, Venezuela)

www.bisouchocolate.com

Bixby Chocolate* (Belize, Dominican Republic, Guatemala, Haiti)

www.bixbychocolate.com

Black Mountain Chocolate*

(Dominican Republic)

www.blackmountainchocolate.com

Black Sheep Chocolate*

(Belize, Colombia, Dominican Republic, Ecuador, Guatemala)

www.blacksheepchocolate.com

Blanxart*

(Congo, Dominican Republic, Ecuador, Nicaragua, Peru, Philippines)

https://blanxart.com/tienda/

Blissful Cacao* (Belize)

www.blissfulcacao.org

Bliss Tonic Ceremonial Cacao (Indonesia)

https://tinyurl.com/2p8pvz6p

Blue Lily Organics* (Peru)

www.bluelilyorganics.com

Blue Stripes Cacao (Ecuador)

www.bluestripes.com

Bohnchen & Co Chocolate* (Thailand)

https://tinyurl.com/y5w44ycm

BOHO Chocolate*

(Belize, Bolivia, Dominican Republic, Guatemala, Madagascar, Peru)

www.bohochocolate.com

Bolmay Cocoa* (India)

www.bolmaycocoa.com

Bonajuto (Colombia, Mexico)

www.bonajuto.it/en/

Bonao Cacao* (Dominican Republic)

www.bonaocacao.com

Bonnat* (Mexico, Peru)

https://tinyurl.com/58tv6dbe

Botanical Origins* (Brazil)

www.botanicaorigins.com

Brasstown Chocolate* (Ecuador, Nicaragua, Tanzania) www.brasstownchocolate.com

Bronx Grrl Chocolate*

(Dominican Republic)

www.bronxgrrlchocolate.com

Brulerie Du Quai*

(Belize, Dominican Republic, Fiji, Honduras, India, Papua New Guinea, Peru, Tanzania, Vietnam)

www.brulerieduquai.com

Bruno's Chocolate* (Costa Rica)

www.kakoart.org

Buddha Chocolate* (Peru)

www.buddhachocolate.com

Bullion Chocolate*

(Belize, Ecuador, Guatemala, Tanzania)

www.bullionchocolate.com

Burnt Fork Bend (Bolivia, Tanzania)

https://burntforkbend.square.site

Cabosse & Feve* (Ecuador, Ghana, Peru, Solomon Islands)

www.cabosseandfeve.com.au

Cacao Amor (Ecuador)

www.cacaoamor.com

Cacao Atlanta*

(Dominican Republic, Nicaragua, Peru, Tanzania, Trinidad, Venezuela)

www.cacaoatlanta.com

Cacao Bahia (Brazil)

www.cacaobahia.com

Cacao Betulia* (Colombia)

www.cacaobetulia.com

Cacao Breath (Ecuador)

www.cacaobreath.com

Cacao Cocoon*

(Dominican Republic, Mexico)

www.cacaococoon.com

Cacao Connection* (Belize, Ecuador)

www.thecacaoconnection.com

Cacao Culcha* (Peru)

www.cacaoculcha.com

Cacaodada*

(Dominican Republic, Ecuador, Ghana, Madagascar, Peru)

www.cacaodada.com

Cacao Equador (Ecuador)

www.cacaoequador.pt/en

Cacao Elora*

(Colombia, Haiti, Indonesia, Madagascar, Nicaragua, Uganda, Venezuela)

www.cacoa-elora.co.uk

Cacao Fiji* (Fiji)

www.cacaofiji.com

Cacao Hunters (Colombia)

https://tinyurl.com/4f9ptm5v

Cacao Junajpu* (Guatemala)

www.junajpu.com

Cacao King (Ecuador)

https://cacaoking.com

Cacao Laboratory (Ecuador)

www.cacaolaboratory.com

Cacao Magic* (Costa Rica)

www.cacaomagic.co

Cacao Medium* (Guatemala, Peru)

www.cacaomedium.com.au

Cacao Motum (Nicaragua)

www.cacaomotum.it

Cacao Prieto* (Dominican Republic)

www.cacaoprieto.com

Cacao Sampaka* (Venezuela)

www.cacaosampaka.com/en

Cacao Santa Fe*

(Colombia, Dominican Republic, Ecuador, Hawaii, Peru)

www.cacaosantafe.com

Cacao Services* (Ecuador, Peru, Uganda)

www.cacaoservices.com

Cacao Sita* (Peru)

www.cacaosita.com

Cacao Sol (Nicaragua)

www.cacaosol.com

Cacao Source* (Guatemala)

www.sourcecacao.com

Cacaosuyo* (Peru)

https://tinyurl.com/y6jmc9mk

Cacaotel* (Peru)

www.elcacaotal.com

Cacao Temple* (Peru)

www.cacaotemple.com

Cacao Verapaz* (Guatemala)

www.cacaoverapaz.com

Cacao Vita*

(Belize, Bolivia, Dominican Republic, Haiti, Nicaragua)

www.cacaovita.com

Cailo* (Solomon Islands)

www.cailochocolate.com

Camino*

(Costa Rica, Dominican Republic, India, Indonesia, Madagascar, Panama, Paraguay, Peru, Sri Lanka, Togo)

www.camino.ca

Cao Chocolate* (Venezuela)

www.caochocolates.com

Caoni Chocolate (Ecuador)

www.caonichocolate.com

Cape Cacao* (Indonesia)

https://tuningin.co.za/shop/cacao/

Captain's Chocolate* (Costa Rica)

www.captainscocoa.com

Caputo's*

(Australia, Belize, Bolivia, Colombia, Congo, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Fiji, Ghana, Grenada, Guatemala, Haiti, Honduras, India, Indonesia, Jamaica, Madagascar, Mexico, Nicaragua, Papua New Guinea, Peru, Philippines, Sao Tome, Solomon Islands, St. Vincent, Tanzania, Trinidad, Uganda, Venezuela, Vietnam)

https://tinyurl.com/47chz2rf

Car Artisan Chocolate*

(Dominican Republic, Ecuador, Madagascar, Nicaragua, Peru, Tanzania)

www.carartisanchocolate.com

Cardenas Chocolate (Ecuador)

www.cardenaschocolate.com

Caribbean Cacao* (Dominican Republic)

https://tinyurl.com/kszb9958

Caribeans Chocolate* (Costa Rica)

www.caribeanschocolate.com

Casa Bosques Chocolate* (Mexico)

https://casabosques.co

Casa Cacao*

(Dominican Republic, Ecuador, India, Mexico, Peru, Venezuela)

www.casacacaogirona.com/en

Casa Nobile*

(Bolivia, Costa Rica, Dominican Republic, Indonesia, Madagascar, Venezuela)

https://shop.casa-nobile.ch

Castronovo Chocolate*

(Belize, Colombia, Honduras, Peru, Venezuela)

www.castronovochocolate.com

Cathliro* (Solomon Islands)

www.cathliro.com

Cau Chocolate* (Indonesia)

www.cauchocolatesbali.com

Cello Chocolate*

(Ecuador, Fiji, Guatemala, Jamaica, Mexico, Peru, Uganda)

www.cellochocolate.com

Chalyce Chocolate* (Tanzania)

www.chalyce.com

Chapon* (Papua New Guinea, Peru, Venezuela)

www.chocolat-chapon.com

Charm School Chocolate (Belize, Ecuador)

www.charmschoolchocolate.com

Chef Shop*

(Belize, Bolivia, Brazil, Ecuador, Madagascar, Nicaragua, Papua New Guinea, Peru, Philippines, Tanzania)

https://chefshop.com

Chequessett Chocolate*

(Colombia, Dominican Republic, Ecuador, Guatemala)

www.chequessettchocolate.com

Chitram Craft Chocolates (India)

www.chitramcraftchocolates.com

Choc/Exchange*

(Belize, Bolivia, Brazil, Colombia, Congo, Costa Rica, Cuba, Dominican Republic, Ghana, Guatemala, Haiti, Hawaii, Honduras, India, Indonesia, Jamaica, Madagascar, Mexico, Nicaragua, Papua New Guinea, Peru, Philippines, Samoa, Sierra Leone, Solomon Islands, Sri Lanka, Tanzania, Thailand, Vanuatu, Venezuela, Vietnam)

www.chocexchange.com

Chocoa (India)

www.chocoa.in

Chocobar Cortes (Puerto Rico)

www.chocobarcortes.com

Choco Del Sol* (Belize, Uganda)

www.chocodelsol.com

Chocokoo*

(Costa Rica, El Salvador, Haiti, Honduras, Philippines, Vietnam)

https://tinyurl.com/sacxyczn

Chocolaade*

(Ecuador, Guatemala, Indonesia, Nicaragua, Uganda, Venezuela)

www.chocolaade.com

Chocoladeverkopers*

(Costa Rica, Ecuador, India, Madagascar, Mexico, Philippines, Tanzania, Vietnam)

www.chocoladeverkopers.nl

Chocolarder*

(Colombia, Dominican Republic, Ghana, Sierra Leone)

www.chocolarder.com

Chocolat-e*

(Belize, Brazil, Dominican Republic, Ecuador, Madagascar, Mexico)

www.chocolat-e.com

Chocolate Alchemy*

(Belize, Bolivia, Colombia, Congo, Dominican Republic, Ecuador, Ghana, Guatemala, India, Madagascar, Mexico, Peru, Tanzania, Uganda)

www.chocolatealchemy.com

Chocolate Amatller

(Madagascar, Nicaragua, Peru, Uganda)

www.chocolateamatller.com

Chocolate Baure* (Brazil)

https://tinyurl.com/bdes8kws

Chocolate Cartel* (Mexico)

www.chocolatecartel.com

Chocolate Conspiracy* (Peru)

www.eatchocolateconspiracy.com

Chocolate De La Villa Real (Mexico)

www.chocolatedelavillareal.com.mx

Chocolate DR*

(Australia, Papua New Guinea, Samoa, Solomon Islands)

https://chocolate-dr.square.site

Chocolate Encuentro*

(Bolivia, Dominican Republic, Guatemala, Haiti, Madagascar, Mexico, Peru)

www.chocolatencuentro.com

Chocolate Fetish*

(Hawaii, Peru, Tanzania, Venezuela)

www.chocolatefetish.com

Chocolate & Love*

(Dominican Republic, Madagascar, Panama)

www.chocolateandlove.com

Chocolate Makers*

(Congo, Dominican Republic, Peru)

https://tinyurl.com/2fmwhu9w

Chocolate Maya*

(Bolivia, Colombia, Guatemala, Mexico, Peru, Uganda)

www.chocolatemaya.com

Chocolate & More Delights* (Peru)

www.chocolateandmoredelights.com

Chocolate Naïve*

(Ecuador, Indonesia, Peru, Uganda)

www.chocolatenaive.com

Chocolate Nanairo* (Dominican Republic, Venezuela)

www.chocolate-nanairo.com

Chocolate.org*

(Bolivia, Brazil, Dominican Republic, Ecuador, Vietnam)

www.chocolate.org

Chocolate Rebellion*

(Cameroon, Dominican Republic, Grenada, Jamaica, Malawi, Trinidad, Uganda)

www.chocolaterebellion.com

Chocolate Santander (Colombia)

www.chocolatesantander.com/en/

Chocolates by Josh*

(Belize, Haiti, Vietnam)

www.chocolatesbyjosh.com

Chocolate Seekers*

(Brazil, Colombia, Dominican Republic, Ecuador, Grenada, Guatemala, Haiti, Honduras, India, Indonesia, Madagascar, Malaysia, Mexico, Nicaragua, Panama, Papua New Guinea, Peru, Philippines, Solomon Islands, Taiwan, Tanzania, Trinidad, Uganda, Vanuatu, Venezuela, Vietnam) www.chocolateseekers.com

Chocolates El Rey* (Venezuela)

www.chocolates-elrey.com

Chocolate Seven*

(Bolivia, Brazil, Colombia, Congo, Dominican Republic, Ecuador, Grenada, Guatemala, Haiti, Honduras, India, Indonesia, Jamaica, Madagascar, Malaysia, Mexico, Nicaragua, Papua New Guinea, Peru, Sao Tome, Tanzania, Trinidad, Uganda, Venezuela, Vietnam)

www.chocolate7.com/en

Chocolates Kaokao (Mexico)

https://shop.chocolateskaokao.com

Chocolate Therapist (Ecuador, Madagascar)

www.thechocolatetherapist.com

Chocolate Trading Co.*

(Belize, Bolivia, Brazil, Colombia, Cuba, Dominican Republic, Ecuador, Ghana, Grenada, Guatemala, Indonesia, Jamaica, Madagascar, Mexico, Nicaragua, Papua New Guinea, Peru, Sao Tome, Tanzania, Venezuela, Vietnam)

www.chocolatetradingco.com

Chocolate Tree*

(Belize, Colombia, Mexico, Peru)

www.choctree.co.uk

Chocolat Madagascar (Madagascar)

www.chocolatmadagascar.com

Chocolats De-Luxe*

(Brazil, Colombia, Dominican Republic, Ecuador, Ghana, Indonesia, Jamaica, Madagascar, Mexico, Nicaragua, Papua New Guinea, Peru, Sao Tome, Tanzania, Venezuela, Vietnam)

www.chocolats-de-luxe.de/en/chocolate

Chocolat Seve*

(Ecuador, Guatemala, India, Madagascar, Mexico, Nicaragua, Peru, Venezuela)

www.chocolatseve.com

Chocolat Vitale* (Venezuela)

www.chocolatvitale.com

Chocolibrium*

(Guatemala, India, Tanzania)

www.chocolibrium.com

Chocolopolis*

(Nicaragua, Peru, Uganda, Vietnam)

www.chocolopolis.com

Chocolove

(Brazil, Ecuador, Madagascar, Sao Tome)

www.chocolove.com

Choco Museo* (Peru)

www.chocomuseo.com

Choco Nature*

(Colombia, Ecuador, Peru)

www.choconature.com

Chocopunto* (Dominican Republic)

www.chocopunto.com

Choco Sol Traders*

(Dominican Republic, Ecuador, Guatemala)

www.chocosoltraders.com

Chocosphere*

(Belize, Brazil, Bolivia, Colombia, Congo, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Ghana, Grenada, Guatemala, Haiti, Hawaii, Honduras, India, Indonesia, Jamaica, Madagascar, Mexico, Nicaragua, Panama, Papua New Guinea, Peru, Philippines, Sao Tome, Solomon Islands, Sri Lanka, Tanzania, Trinidad, Vanuatu, Venezuela, Vietnam)

www.chocosphere.com

Chocotenango*

(Belize, Bolivia, Dominican Republic)

www.chocotenango.com

Chocotogo* (Togo)

www.chocotogo.com

Chocovivo Chocolate (Mexico)

www.chocovivo.com

Choffy (Ecuador)

www.choffy.com

Choklat (Brazil)

www.choklat.com

Chokola Bean to Bar*

(Belize, Bolivia, Costa Rica, Guatemala, Madagascar, Peru, Tanzania, Venezuela)

www.chokolabeantobar.com

Cholaca (Ecuador)

www.cholaca.com

Choquiero Chocolate* (Ecuador)

www.choquierochocolate.com

Christopher Elbow Chocolate*

(Dominican Republic, Ghana, Venezuela)

www.elbowchocolates.com

Cielo Dentro Chocolate (Mexico)

www.cielodentro.com

Ciocomiti*

(Brazil, Ecuador, Guatemala, India, Madagascar, Peru, Vietnam)

www.ciocomiti.com

Clement* (Venezuela)

https://tinyurl.com/bd47xx6c

Cloud Forest* (Ecuador, Madagascar)

www.cloudforest.shop

Clover House Chocolate*

(Ecuador, Papua New Guinea, Philippines)

www.cloverhousechocolate.com

Club Chokolate*

(Belize, Brazil, Colombia, Costa Rica, Dominican Republic, Ghana, Honduras, Mexico, Nicaragua, Papua New Guinea, Peru, Tanzania, Venezuela, Vietnam)

www.clubchokolate.com

Club del Chocolate*

(Belize, Bolivia, Brazil, Colombia, Congo, Costa Rica, Cuba, Dominican Republic, Ecuador, Fiji, Ghana, Grenada, Guatemala, Haiti, Hawaii, Honduras, India, Indonesia, Madagascar, Mexico, Nicaragua, Panama, Papua New Guinea, Peru, Philippines, Sao Tome, Solomon Islands, Uganda, Tanzania, Trinidad, Vanuatu, Venezuela, Vietnam)

www.clubdelchocolate.com/en

Cocacao* (Dominican Republic)

www.cocacao.com

Co Chocolat (Philippines)

www.cochocolat.com

Cocoa & Co.*

(Belize, Bolivia, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, Guatemala, Hawaii, Indonesia, Madagascar, Nicaragua, Peru, Sao Tome, Tanzania, Venezuela, Vietnam)

www.cocoaandco.com

Cocoa Couriers*

(Belize, Ecuador, Madagascar, Peru, Tanzania)

www.cocoacouriers.com

Cocoa Manna* (Peru)

www.cocoamanna.com

Cocoa Metro* (Peru)

www.cocoametro.com

Cocoandre (Mexico)

www.cocoandre.com

Cocoa Parlor* (Dominican Republic)

www.cocoaparlor.com

Cocoa Pod Shop (Ecuador)

www.cocoapodshop.com

Cocoaro Craft Chocolate*

(Colombia, Ecuador, Peru, Tanzania)

www.cocoaro.ca

Cocoa Runners*

(Australia, Belize, Bolivia, Brazil, Cameroon, Colombia, Congo, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Fiji, Ghana, Grenada, Guatemala, Haiti, Hawaii, Honduras, India, Indonesia, Jamaica, Madagascar, Malaysia, Mexico, Nicaragua, Panama, Papua New Guinea, Peru, Philippines, Sierra Leone, Solomon Islands, Sri Lanka, St. Vincent, Taiwan, Tanzania, Togo, Trinidad, Uganda, Vanuatu, Venezuela, Vietnam)

www.cocoarunners.com

Cocoa Store*

(Brazil, Colombia, Cuba, Dominican Republic, Ecuador, Guatemala, Indonesia, Jamaica, Madagascar, Mexico, Peru, Sao Tome, Venezuela)

www.cocoastore.com

Cocoa Supply* (Ecuador)

www.cocoasupply.com

Cocoba Chocolate (Uganda)

www.cocobachocolate.com

Cocobel Chocolate (Trinidad)

www.cocobelchocolate.com

Coco Chocolatier (Colombia)

www.cocochocolatier.com

Cococlectic*

(Belize, Dominican Republic, Ghana, Guatemala, Madagascar, Mexico, Nicaragua, Peru, Philippines, Tanzania, Uganda, Vietnam)

www.cococlectic.com

Coconama*

(Belize, Bolivia, Guatemala)

www.coconama.com

Cocoterra Tabletop Chocolate Maker

www.cocoterra.com

Compartes Chocolate* (Peru)

www.compartes.com

Comptoir du Cacao*

(Costa Rica, Ghana, Madagascar, Mexico, Papua New Guinea, Peru, Sao Tome, Tanzania, Uganda, Vanuatu, Venezuela, Vietnam)

www.comptoircacao.fr

Condor Chocolate (Ecuador)

https://tinyurl.com/2p96djaj

Conexion Chocolate* (Ecuador)

www.conexionchocolate.com

Conjure Craft Chocolate

(Peru, Philippines, Vietnam)

www.conjurecraftchocolate.com

Conscious Chocolate* (Peru)

www.consciouschocolate.com

Conspiracy Chocolate (Vietnam)

www.conspiracychocolate.com

Coppeneur Chocolate*

(Brazil, Ecuador, Ghana, India, Madagascar, Solomon Islands, Venezuela)

www.coppeneurchocolate.com

Coracao* (Ecuador, Peru)

www.coracaoconfections.com

Cosmic Cacao* (Guatemala)

www.cosmiccacao.co

Cosmic Moments Cacao* (Guatemala)

https://tinyurl.com/3kd23y4n

Coup de Chocolat (Colombia)

https://coupdechocolat.be

Craft House Chocolate*

(Madagascar, Nicaragua, Peru, Uganda)

www.crafthousechocolate.com

Cravve*

(Dominican Republic, Ghana, Peru, Samoa, Solomon Islands, Vanuatu)

www.cravve.com

Crayfish Bay Chocolate* (Grenada)

www.crayfishbayorganicchocolate.com

Creative Nature Super Foods* (Peru)

www.creativenaturesuperfoods.co.uk

Creo Chocolate (Ecuador)

www.creochocolate.com

Crio Bru Brewed Cacao*

(Ecuador, Ghana, Venezuela)

www.criobru.com

Crow & Moss*

(Dominican Republic, Ecuador, Honduras, India)

www.crowandmoss.com

Cru Chocolate*

(Dominican Republic, Guatemala, Haiti, Honduras, Nicaragua)

www.cruchocolate.com

Cultura Craft Chocolate*

(Belize, Guatemala, Haiti, Mexico)

www.deaddogchocolate.com

Cuna de Piedra Chocolates (Mexico)

https://shop.cunadepiedra.com

Cuvee Chocolate* (Peru)

www.cuveechocolate.com.au

Daintree Estates (Australia)

www.daintreeestates.com

Dammenberg* (Peru)

www.dammenberg.com

Dana's Healthy Home* (Ecuador)

https://tinyurl.com/4pvvzj2t

Dancing Lion Chocolate*

(Bolivia, Guatemala, Nicaragua, Peru, Tanzania)

https://dancinglion.us/cacao/

Dandelion Chocolate*

(Belize, Brazil, Colombia, Costa Rica, Dominican Republic, Ecuador, Guatemala, Honduras, India, Madagascar, Sierra Leone, Tanzania, Venezuela, Vietnam)

https://store.dandelionchocolate.com

Danta Chocolate* (Guatemala, Puerto Rico)

www.dantachocolate.com

Dapaah Chocolate (Ghana)

www.dapaahchocolates.co.uk

Dar Chocolate*

(Costa Rica, Dominican Republic, Ecuador, Peru, Vietnam)

www.darchocolate.com

Darcis*

(Dominican Republic, Ecuador, Haiti, Madagascar, Panama, Peru, Sao Tome)

www.darcis.com

Dark Forest Chocolate

(Madagascar, Tanzania)

www.darkforestchocolate.com

Dark & Handsome Chocolate* (Peru)

www.darkandhandsome.com.au

Darkin's (India)

www.darkins.in

David Bacco Chocolate*

(Bolivia, Dominican Republic, Ghana, Hawaii, Madagascar, Peru, Venezuela)

https://store.bacco-chocolatier.com

Definite Chocolate* (Dominican Republic)

https://tinyurl.com/2u8fkntk

Deity Chocolate* (Dominican Republic)

https://deity-chocolate-983059.square.site

Delicacies Valley* (Venezuela)

www.delicaciesvalley.ca

Denman Island Chocolate*

(Brazil, Peru, Dominican Republic and Ecuador)

www.denmanislandchocolate.com

Deremiens*

(Colombia, Congo, Costa Rica, Guatemala, Haiti, Honduras, Madagascar, Mexico, Nicaragua, Philippines, Sao Tome, St. Vincent, Tanzania, Venezuela, Vietnam)

www.deremiens.com/fr/

Des Barres Chocolate*

(Belize, Dominican Republic, Guatemala, Jamaica, Madagascar, Tanzania)

www.desbarreschocolate.com

DeVilliers Chocolate (Uganda)

https://us.devillierschocolate.com/

Dick Taylor Chocolate

(Belize, Brazil, Madagascar, Mexico)

www.dicktaylorchocolate.com

Diego's Chocolate* (Guatemala)

https://tinyurl.com/2p88ecjx

Diogo Vaz (Sao Tome)

https://tinyurl.com/49padt9s

Divine Chocolate* (Ghana)

https://shop.divinechocolateusa.com/

Divine Organics* (Ecuador, Philippines)

www.divineorganics.com

DNA Chocolate

(Belize, Haiti, Mexico)

www.dnachocolate.com

Doctor Cacao's Cacao (Belize)

www.drcacaos.com

Domori*

(Colombia, Ecuador, Madagascar, Peru, Venezuela)

https://tinyurl.com/5xtvy52v

Donna Elvira Chocolate

(Colombia, Madagascar, Mexico, Papua New Guinea, Peru)

https://donnaelvira.it/en/

Dormouse Chocolates*

(Belize, Costa Rica, Guatemala, Indonesia, Philippines)

www.dormousechocolates.com

Double Spiral Chocolate* (Belize)

https://double-spiral-chocolate.square.site

Driftless Chocolates (Colombia)

www.driftlesschocolates.com

Ducrey Chocolate*

(Dominican Republic, Nicaragua)

https://tinyurl.com/2p96tja9

Dwaar Chocolate* (Ecuador, Guatemala)

www.dwaarchocolate.com

DWN Chocolate*

(Belize, Brazil, Dominican Republic, Ecuador, Grenada, Haiti, Madagascar, Mexico, Peru, Sao Tome, Venezuela)

www.dwnchocolate.com

Earth Alchemy* (Guatemala)

www.earthalchemy.land

Earth Circle Organics* (Peru)

www.earthcircleorganicswholesale.com

Earth Echo Foods* (Peru)

www.earthechofoods.com

Eating Evolved* (Dominican Republic)

www.eatingevolved.com

Eat Your Hat*

(Dominican Republic, Peru, Sao Tome)

www.eatyourhat.com

Eclat Chocolate* (Peru)

www.eclatchocolate.com

Ecuadorian Chocolate Factory (Ecuador)

www.theecuadorianchocolate.com

Eden Confections (Ecuador)

www.edenconfections.com

El Buen Cacao

(Madagascar, Mexico, Philippines, Uganda)

www.elbuencacao.co

El Ceibo Chocolate* (Bolivia)

www.elceibo.com

Eldora Chocolate*

(Belize, Ecuador, Guatemala, Madagascar, Mexico, Tanzania, Uganda)

www.eldorachocolate.com

Elements Chocolate (Ecuador, Vietnam)

www.elementschoc.com.au

Elements Truffles* (Ecuador)

www.elementstruffles.com

Embue Cacao* (Guatemala)

www.embuecacao.com

Emerald Estate Chocolate* (St. Lucia)

https://shop.emeraldchocolate.com

Endangered Species Chocolate (Ivory Coast)

www.chocolatebar.com

Endorfin Foods* (Ecuador)

www.endorfinfoods.com

Enjoy Chocolate* (Peru)

www.joyofenjoy.com

Enliven Cacao* (Nicaragua)

www.enlivencacao.org

Enna Chocolate*

(India, Philippines, Tanzania, Uganda)

www.ennachocolate.com

Equal Exchange*

(Dominican Republic, Peru)

https://shop.equalexchange.coop

Equator Chocolate (Uganda)

www.chocolate.ug

Erithaj (Vietnam)

https://tinyurl.com/3fffjz3e

Escazu Chocolates* (Venezuela)

https://escazuchocolates.square.site

Essential Living Foods* (Peru)

www.essentiallivingfoods.com

Esutras Organics* (Peru)

www.esutras.com

Etat de Choc*

(Belize, Bolivia, Colombia, Costa Rica, Dominican Republic, Ecuador, Fiji, Ghana, Guatemala, Honduras, India, Madagascar, Mexico, Nicaragua, Peru, Tanzania, Uganda, Venezuela, Vietnam)

www.etatdechoc.com/us/

Ethel M. Chocolates*

(Dominican Republic, Ghana, Indonesia, Philippines)

www.ethelm.com/pages/reserve

Ethereal Confections*

(Dominican Republic, Ecuador, Ghana, Haiti, Uganda)

www.etherealconfections.com

Exploding Tree Chocolate (Ghana)

www.explodingtree.com

Explore Chocolate*

(Colombia, Congo, Ecuador, Ghana, Indonesia, Madagascar, Peru)

www.explorechocolate.co.uk

Exquisito*

(Colombia, Dominican Republic, Ecuador)

www.exquisitochocolates.com

Faraway Chocolate* (Venezuela)

www.farawaychocolate.com

Favarger (Madagascar)

www.favarger.com

Federation Chocolate*

(Papua New Guinea, Peru)

www.federationchocolate.com

Feitoria Do Cacao*

(Colombia, Costa Rica, Nicaragua, Peru, Sao Tome, Solomon Islands, Tanzania)

www.feitoriadocacao.com/en/

Fifty-One Fifty Chocolate*

(Dominican Republic, Madagascar, Nicaragua, Tanzania, Uganda, Venezuela)

www.5150chocolate.com

Fifty-Seven Chocolate (Ghana)

www.57chocolategh.com

Fijian Chocolate* (Fiji)

www.myfijistore.com/en

Finca Chocolat (Belize)

www.fincachocolat.com

Fine Chocolate Club*

(Belize, Brazil, Colombia, Costa Rica, Dominican Republic, Ecuador, Madagascar, Nicaragua, Peru, Venezuela)

www.finechocolateclub.com

Fine & Raw* (Ecuador, Ghana)

www.fineandraw.com

Finnia*

(Honduras, Mexico, Peru, Vietnam)

www.finniachocolate.shop

Fire Tree Chocolate*

(Indonesia, Madagascar, Papua New Guinea, Solomon Islands, Vanuatu)

www.firetreechocolate.com

Flint Chocolate* (Dominican Republic)

www.flintchocolate.nz

Fly Kakao* (Peru)

www.flykakao.com

Foods Alive* (Dominican Republic)

www.foodsalive.com

Food to Live* (Peru)

www.foodtolive.com

Forever Cacao* (Peru)

www.forevercacao.co.uk

Forte Chocolates*

(Belize, Brazil, Dominican Republic, Ecuador, Guatemala, Madagascar, Peru)

https://fortechocolates.com

Fortuna Chocolate* (Mexico)

www.fortuna-chocolate.com

Fortunato* (Peru)

www.fortunatochocolate.com

Fossa Chocolate (Philippines)

www.fossachocolate.com

Foundry Chocolate*

(Colombia, Peru, Solomon Islands)

www.foundrychocolate.co.nz

Foxglove Chocolate*

(India, Peru, Tanzania, Vietnam)

www.foxglovechocolate.com

Franceschi Chocolate* (Venezuela)

www.franceschichocolate.com/en/

Fran's Chocolate*

(Dominican Republic, Madagascar)

www.frans.com

Franzuela* (Venezuela)

www.franzuela.com

Frederic Blondeel Chocolatier*

(Costa Rica, Ecuador, India, Peru, Vietnam)

https://frederic-blondeel.be

Freedom Cacao* (Peru)

https://tinyurl.com/2vb3sv9r

Freespir Chocolates* (Dominican Republic)

www.freespir.com

French Broad Chocolate*

(Costa Rica, Guatemala, Nicaragua, Peru)

www.frenchbroadchocolates.com

Fresco Chocolate*

(Colombia, Dominican Republic, Ghana, Peru, Venezuela)

www.frescochocolate.com

Friis Holm Chokolade (Nicaragua)

www.friisholmchokolade.dk

Fruition Chocolate Works*

(Bolivia, Colombia, Dominican Republic, Madagascar, Peru)

www.fruitionchocolateworks.com

Fu Wan Chocolate (Taiwan)

https://tinyurl.com/27d9u2b7

Gabriel Chocolate*

(Dominican Republic, Ecuador, Madagascar, Venezuela)

www.gabrielchocolate.com.au

Gail Ambrosius Chocolate*

(Colombia, Ecuador, Peru, Venezuela)

www.gailambrosius.com

Galeria Cacao (Ecuador)

www.galeriacacao.com

Garcia Nevett Chocolate* (Venezuela)

www.garcianevett.com

Garden Island Chocolate* (Hawaii)

www.gardenislandchocolate.com

Gaston Chocolate* (Vanuatu)

https://tinyurl.com/24zwrs8w

Gguni Dates Cacao* (Venezuela)

www.ggunidatescacao.com

Giddy Yo* (Ecuador)

https://shop.giddyyoyo.com

Glarus Chocolatier* (Indonesia, Venezuela)

https://glarus-chocolatier.square.site/

Gnosis Chocolate

(Ecuador, Grenada, Indonesia, Madagascar)

www.gnosischocolate.com

Good Boy Chocolate*

(Peru, Solomon Islands)

https://therealgoodboy.square.site

Good Chocolate* (Peru)

www.thegoodchocolate.com

Good Girl Chocolate (Ecuador)

www.goodgirlchocolate.com

Goodio* (Peru)

www.goodio.us

Goodnow Farms Chocolate*

(Colombia, Costa Rica, Ecuador,

Guatemala, Mexico, Nicaragua, Peru)

www.goodnowfarms.com

Good Stuff Cacao* (Ecuador)

www.goodstuffcacao.com

Goss Chocolate (Belize)

https://tinyurl.com/m7v9trmc

Gourmet Fields* (Costa Rica)

www.gourmetfields.com

Great Lakes Chocolate*

(Belize, Dominican Republic, Ecuador, Madagascar, Tanzania, Vietnam)

www.greatlakeschocolate.co

Green Bean to Bar Chocolate*

(Costa Rica, Madagascar, Peru, Tanzania)

www.greenchocolate.jp

Green Door Chocolate*

(Colombia, Dominican Republic, India, Madagascar)

www.greendoorchocolate.co.uk

Green Origins* (Peru)

www.greenorigins.com/products?p=3

Grenada Chocolate* (Grenada)

www.grenadachocolate.com

Grizzly Chocolate*

(Fiji, Hawaii, Tanzania)

www.bearbasecamp.com/index.html

Grocer's Daughter Chocolate (Ecuador)

www.grocersdaughter.com

Guido Gobino*

(Indonesia, Madagascar, Venezuela)

www.guidogobino.biz

Guittard

(Ecuador, Grenada, Madagascar, Peru)

www.guittard.com

Habitual Chocolate*

(Dominican Republic, Ecuador, Madagascar, Papua New Guinea, Peru)

www.habitualchocolate.ca

Hachez Chocolate (Ecuador)

https://tinyurl.com/4ae8c3p5

Hacienda el Castillo (Ecuador)

https://haciendaelcastillo.com/tienda/

Hamakua Chocolate* (Hawaii)

www.hamakuachocolate.com

Hana Gold* (Hawaii)

www.hanagoldmaui.com

Harper Macaw Chocolate (Brazil)

www.harpermacaw.com

Harrer Chocolat*

(Belize, Bolivia, Guatemala, Madagascar, Nicaragua, Peru, Tanzania, Venezuela)

www.harrerchocolat.com

Hasnaa*

(Bolivia, Colombia, Guatemala, Madagascar, Mexico, Peru, Philippines)

www.boutique-hasnaa-chocolats.fr

Hawaiian Crown Chocolate* (Hawaii)

www.hawaiiancrownchocolate.com

Hazel Hill Chocolate*

(Belize, Ecuador, Ghana, Guatemala)

www.hazelhillchocolate.com

Hazel Mountain Chocolate (Mexico)

www.hazelmountainchocolate.com

Health Force Super Foods* (Ecuador)

www.healthforcesuperfoods.com

Healtholicious*

(Guatemala, Tanzania, Thailand, Uganda)

www.healtholicious.com

Healthworks* (Peru)

www.healthworks.com

Healthy Chocolates* (Peru)

www.healthychocolates.com

Healthy Goods* (Ecuador, Peru)

www.healthygoods.com

Heart Healer Cacao* (Ecuador, Peru)

www.hearthealer.co.uk

Heinde & Verre* (Indonesia, Peru)

https://tinyurl.com/yckw24xy

Heist Chocolate* (Madagascar)

www.heistchocolate.com

Hello Chocolate*

(Ecuador, Guatemala, Malaysia, Mexico, Peru, Sao Tome, Tanzania, Thailand)

www.hellochocolate.com

Helpful Beans*

(Ecuador, Honduras, Mexico, Peru, Papua New Guinea, Vietnam)

www.helpfulbeans.com

HerbaZest* (Peru)

https://shop.herbazest.com

Herencia Esmeraldas Chocolate (Ecuador)

https://tinyurl.com/yc5fbvjx

Hey Fun Chocolate (Ecuador)

www.heyfunchocolate.com

Highbration Organics* (Peru)

www.highbrationorganics.com.au

Hip Chocolate (Colombia)

www.hipchocolate.com

Hilo Sharks Chocolate* (Hawaii)

www.hilosharkschocolate.com

HNINA* (Dominican Republic)

www.hninagourmet.com

Hogarth Chocolate* (Ecuador, Peru)

www.hogarthchocolate.co.nz

Hoja Verde* (Ecuador)

https://tinyurl.com/yck4udwn

Holy Kakow* (Peru)

www.holykakow.com

Holy Wow Cacao* (Guatemala)

www.holywowcacao.com

Honduras Chocolate (Honduras)

www.honduraschocolatecompany.com

Honest Chocolat (Madagascar)

www.honestchocolat.com

Honeymoon Chocolates*

(Colombia, Haiti, Peru)

https://hmchocolates.com

Honoka'a Chocolate*

(Ecuador, Fiji, Hawaii, Honduras, Madagascar, Peru, Vietnam)

www.honokaachocolateco.com

Hopf Chocolate* (Peru)

www.hopfchocolate.com

Hotel Chocolat (Ecuador)

https://us.hotelchocolat.com

Hu Chocolate* (Ivory Coast)

www.hukitchen.com

Hummingbird Chocolate*

(Colombia, Dominican Republic, Haiti)

www.hummingbirdchocolate.com

Hunted & Gathered*

(Dominican Republic, Ecuador, Peru)

www.huntedandgathered.com.au

Hyggelig*

(Belize, Brazil, Colombia, Guatemala, Haiti, Peru, Solomon Islands)

www.hyggelig.com.au

IfiGourmet (Colombia)

www.ifigourmet.com

I Heart Cacao* (Guatemala)

www.iheartcacao.love

IL Modicano* (Venezuela)

www.ilmodicano.it

Imlak'esh Organics* (Ecuador)

https://shop.imlakeshorganics.com

Indi Chocolate (Haiti, Uganda)

www.indichocolate.com

Ingemann Fine Cocoa (Nicaragua)

www.ingemann.com.ni

Integrity Cacao* (Ecuador)

www.integritycacao.com

Intention Cacao* (Solomon Islands)

https://tinyurl.com/2p8uzcuu

Island Sharks Chocolate* (Hawaii)

www.islandsharkschocolate.com

Islands Rhythm Chocolate (St. Vincent)

https://tinyurl.com/32b54uv9

IXCACAO* (Guatemala)

http://ixcacao.com/chocolate.html

Jacobean Chocolate*

(Colombia, Honduras, Mexico, Papua New Guinea, Peru, Vietnam)

www.jacobeanchocolate.com

Jakub Piatkowski Chocolate*

(Brazil, Dominican Republic, Honduras, Madagascar)

www.jpczekolada.com/en/

Jardin Bio Etic* (Ecuador, Peru)

www.jardinbio-etic.com

Jasper + Myrtle* (Papua New Guinea)

https://tinyurl.com/yckmtnyu

J. Cocoa* (Nicaragua, Peru)

www.jcocoa.co.uk

Jean Marie Chocolat* (Puerto Rico)

www.jeanmariechocolat.com

J. Edwards International* (Peru)

www.bulknaturaloils.com

Jelina Chocolatier* (Dominican Republic)

https://jelinachocolatier.com

Jem Organics* (Ecuador, Peru)

www.jemorganics.com

Jerome Grimonpon Chocolatier

(Colombia, El Salvador, Madagascar, Nicaragua, Solomon Islands, Vietnam)

https://jeromegrimonpon.be

Jinji Chocolate (Ecuador)

www.jinjichocolate.com

Jojo Coco*

(Belize, Costa Rica, Madagascar, Peru, Tanzania, Vanuatu, Venezuela)

www.jojococo.ca

Jordi's Chocolate (Madagascar)

https://tinyurl.com/2p8nxe33

Jouvay Chocolate (Grenada)

www.jouvaychocolate.com

Juan Choconat* (Colombia)

www.juanchoconat.com

Jungle Cacao* (Peru)

www.junglecacaoperu.com

Kacau Chocolates (Ecuador)

www.kacauchocolates.com

Kad Kokoa (Thailand)

https://tinyurl.com/473apkc9

Kah Kow* (Dominican Republic)

www.kahkow.com

Kaitxo*

(Ecuador, Guatemala, Madagascar, Nicaragua, Peru, Philippines, Tanzania)

https://tinyurl.com/3yknpbzv

Kakao Zon Chocolate (Ecuador)

www.kakaozon.com

Kakosi Chocolates*

(Dominican Republic, Ecuador)

www.kakosichocolates.com

Kalapa Chocolate* (Brazil)

https://tinyurl.com/3t2xmj9t

Kallari Chocolate* (Ecuador)

https://tinyurl.com/2p8dc97x

Kanalani Ohana Farm* (Hawaii)

www.kanalaniohana.farm

Kanda Chocolate (Ghana)

www.kandachocolates.com

Karen Berrios Super Foods* (Peru)

www.shopkarenberrios.com

Karuna Chocolate* (Ecuador, Peru)

https://tinyurl.com/3etv5tuf

Kasama Chocolate*

(Ecuador, Papua New Guinea, Peru, Philippines)

www.kasamachocolate.com

K-Cao* (Dominican Republic)

https://en.k-cao.com

Keith's Ceremonial Cacao* (Guatemala)

www.keithscacao.com

Kekao Box*

(Belize, Congo, Ecuador, Ghana, Guatemala, Haiti, Hawaii, Indonesia, Jamaica, Madagascar, Mexico, Nicaragua, Peru, Tanzania, Uganda, Venezuela)

www.kekao.co

Kiki's Pralinwelt*

(Brazil, Ecuador, Haiti, Indonesia)

www.kikis-pralinenwelt.de

Kilwin's* (Dominican Republic, Peru)

www.kilwins.com

Kimmy's Chocolate (Vietnam)

www.kimmychocolatier.com

Kin + Pod Chocolate*

(Colombia, Venezuela)

www.kinpod.ca

Kinship Chocolate* (Guatemala)

www.kinshipchocolate.com

K+M Chocolate*

(Ecuador, Madagascar, Peru, Venezuela)

www.kellermannichocolate.com

Kocoa Trait Chocolate* (India)

www.cocoatrait.com

Koko Black*

(Dominican Republic, Mexico, Vanuatu)

www.kokoblack.com

Kokoh Chocolate*

(Dominican Republic, Venezuela)

www.kokohchocolate.com

Koko Samoa* (Samoa)

www.thekokosamoa.com

Kollar Chocolates*

(Ecuador, Ghana, Madagascar, Peru)

www.kollarchocolates.com

Kona Origins Chocolate* (Hawaii)

www.konaorigins.com

Kosak Chocolat*

(Belize, Grenada, Guatemala, Madagascar, Peru, Tanzania, Venezuela, Vietnam)

www.kosakchocolat.com

Kotje Le Chocolat (Vietnam)

www.kotje-nasu.jp

Krak Chocolate

(Belize, Colombia, Cuba, Madagascar)

https://krakchocolade.nl

Krakakoa Chocolate (Indonesia)

www.krakakoa.com

Kreuther Chocolate*

(Dominican Republic, Ecuador)

www.kreutherchocolate.com

Kulana Kokoleka Chocolate* (Hawaii)

www.kulanakokolekafarm.com

K'ul Chocolate* (Peru)

www.kulchocolate.com

Kura Cacao* (Mexico, Peru)

www.kuracacao.com

Kyya Chocolate

(Cameroon, Ecuador, Madagascar, Tanzania, Uganda)

www.kyyachocolate.com

L.A. Burdick Chocolate* (Venezuela)

www.burdickchocolate.com

La Cacaotier*

(Belize, Cameroon, Costa Rica, Ecuador, Guatemala, Haiti, Honduras, Madagascar, Mexico, Nicaragua, Peru, Tanzania, Venezuela, Vietnam)

www.lecacaotier.com

LaCho Cacao (Ecuador)

www.lachocacao.com

Lakanto (Ecuador)

www.lakanto.com

Lake Champlain Chocolates*

(Peru, Ecuador)

www.lakechamplainchocolates.com

Lalaland Organics Chocolate* (Ecuador)

www.lalalandorganics.com

La Maison Du Chocolat (Madagascar)

www.lamaisonduchocolat.com/en_us

Lamanai Chocolate (Belize)

www.lamanaichocolate.com

La Naya Chocolate*

(Colombia, Madagascar, Nicaragua, Peru)

www.lanayachocolate.com

Land Chocolate (Nicaragua)

www.landchocolate.com

Landmark Wild Chocolate Reserve* (Brazil)

https://wildchocolate.org

Landru Chocolates*

(Costa Rica, Ecuador, Trinidad)

www.landruchocolates.com

Larna House (Thailand)

www.larnahouse.com

Latitude Chocolate (Uganda)

https://tinyurl.com/2p8cwsxe

L'Amourette*

(Colombia, Grenada, Nicaragua, Venezuela)

www.lamourettechocolat.com

Laughing Gull Chocolates*

(Belize, Colombia, Ecuador, Hawaii, India, Madagascar, Mexico, Peru, Vietnam)

www.laughinggullchocolates.com

Lavaloha* (Hawaii)

www.lavaloha.com

Legacy Ceremonial Cacao* (Guatemala)

www.legacycacao.com

Legast Chocolatier*

(Costa Rica, Ecuador, Peru)

www.legastchocolatier.com

Lemuel Chocolate*

(Belize, Cambodia, Guatemala, Honduras, India, Indonesia, Mexico, Papua New Guinea, Peru, Philippines, Tanzania, Thailand, Venezuela, Vietnam)

www.lemuelchocolate.com

Letterpress Chocolate*

(Belize, Costa Rica, Ecuador, Hawaii, Jamaica, Peru, Sao Tome, Venezuela)

www.letterpresschocolate.com

Lillie Belle Farms*

(Dominican Republic, Madagascar, Nicaragua, Peru)

www.lilliebellefarms.com

Lim Chocolate*

(Colombia, Dominican Republic, Ecuador, Indonesia, Nicaragua, Peru, Venezuela)

https://en.limchocolate.com

Lirio Chocolate*

(India, Madagascar, Peru, Sierra Leone, Tanzania)

www.liriochocolate.com

Little Chocolate Factory*

(Brazil, Madagascar)

https://tinyurl.com/2p98nzzy

Little Guatemala* (Guatemala)

www.littleguatemala.com

Live Live Organic* (Peru)

www.live-live.com

Live on Chocolate (Belize, Ecuador)

www.liveonchocolate.ca

Living Koko* (Samoa)

www.livingkoko.com

Living Libations* (Ecuador, Indonesia)

www.livinglibations.com

Living Lotus* (Ecuador)

www.livinglotus.net

Living Ratio* (Peru)

www.livingratio.com

Living Raw* (Peru)

www.livingrawtreats.com

Loiza Dark Chocolate (Puerto Rico)

www.loizadark.com

Lomi

(Ecuador, Madagascar, Nicaragua)

www.lomi-schokolade.de

Lonohana Estate Chocolate* (Hawaii)

www.lonohana.com

Loon Chocolate

(Belize, Bolivia, Haiti)

www.loonchocolate.com

Loshes Chocolate (Nigeria)

www.losheschocolate.com

Love Bean Cacao* (Guatemala)

www.lovebeancacao.com.au

Love Chock* (Ecuador, Peru)

www.lovechock.com

Lover Raw Chocolate* (Peru)

www.loverrawchocolate.com

Loving Earth* (Peru)

www.lovingearth.net

Lucid Chocolatier* (Peru)

https://tinyurl.com/55hw338m

Lucocoa*

(Belize, Dominican Republic, Guatemala)

www.lucocoachocolate.com

Luisa Abram Chocolate (Brazil)

https://tinyurl.com/ye9dyp5f

Luisa's Vegan Chocolate*

(Colombia, Papua New Guinea, Philippines)

https://tinyurl.com/345jm5k8

Luker Chocolate* (Colombia, Peru)

www.lukerchocolate.com/en/

Lulu's Chocolate* (Ecuador)

www.luluschocolate.com

Lumineux Chocolate

(Ghana, India, Tanzania, Uganda)

www.lumineuxchocolate.com

Lydgate Farms* (Hawaii)

www.lydgatefarms.com

Lyra Chocolate* (Colombia, Peru)

www.lyrachocolate.com/en/

Made with Ananda*

(Belize, Colombia, Guatemala, Peru)

www.madewithananda.co.uk

Madhu Chocolate (Colombia)

www.madhuchocolate.com

Madre Chocolate*

(Ecuador, Guatemala, Haiti, Hawaii, Mexico, Peru, Venezuela)

www.madrechocolate.com

Maglio*

(Cuba, Dominican Republic, Ecuador, Peru)

https://shop.cioccolatomaglio.it

Mahogany Chocolate* (Belize)

https://tinyurl.com/33s7nkv9

Maison Le Roux*

(Brazil, Colombia, Ecuador, Madagascar, Peru, Sao Tome, Venezuela, Vietnam)

www.chocolatleroux.com

Majani Chocolate*

(Colombia, Peru, Venezuela)

https://shop.majani.com/en/

Makaya Chocolat* (Haiti)

www.makayachocolat.com

Mama Ganache* (Ivory Coast)

www.mamaganache.com

Mamamuti Cacao* (Peru)

www.mamamuti.com

Mandala Chocolate*

(Dominican Republic, Guatemala)

www.mandalanaturals.com

Mandalei Medicine* (Guatemala, Peru)

www.mandaleimedicine.com

Manoa Chocolate* (Hawaii)

www.manoachocolate.com

Mantuano Chocolate* (Venezuela)

https://tinyurl.com/2p8n46t9

Manufaktura Czekolady (Ecuador)

https://tinyurl.com/bwpjy9ur

Map Chocolate* (Bolivia)

www.mapchocolate.com

Marana Chocolate* (Peru)

https://tinyurl.com/yc73rp84

Maranon Chocolate* (Ecuador, Peru)

www.maranonchocolate.com

Maribea Chocolate*

(Belize, Bolivia, Dominican Republic, Ecuador, Fiji, Guatemala, Haiti, Mexico)

www.maribeacacao.com

Marie Belle (Honduras)

www.mariebelle.com

Markham & Fritz*

(Dominican Republic, Haiti)

www.markhamandfitz.com

Marou Chocolate (Vietnam)

www.marouchocolate.com

Marsatta Chocolate* (Peru)

www.marsatta.com

Mashpi Chocolate* (Ecuador)

www.chocomashpi.com

Mason & Co. Chocolate* (India)

www.masonchocolate.com

Match Chocolate* (Nicaragua, Peru)

www.matchchocolate.com

Matchima Chocolate (Thailand)

www.matchimachocolate.com

Maui Chocolate* (Hawaii)

www.mauichocolate.com

Maverick Chocolate*

(Belize, Hawaii, Madagascar, Tanzania)

www.maverickchocolate.com

Maya Moon* (Peru)

www.mayamoon.co

Mayana Chocolate* (Peru)

www.mayanachocolate.com

Mayan Cacao* (Mexico)

www.themayancacaocompany.com

Mayan's Secret* (Peru)

www.mayanssecret.com

Maychoco* (Dominican Republic, Peru)

www.maychoco.es

Mayer Schokoladen*

(Belize, Bolivia, Colombia, Dominican Republic, Guatemala, Nicaragua)

www.mayerschokoladen.at

Mayta Chocolate (Ecuador)

www.maytagourmet.com

McGuire Chocolate*

(Colombia, Guatemala, Madagascar)

www.mcguirechocolate.com

Mellow Chocolate*

(Dominican Republic, Indonesia, Madagascar, Tanzania)

www.mellow-chocolate.com

Melt Chocolates*

(Bolivia, Papua New Guinea, Philippines)

www.meltchocolates.com

Menakao (Madagascar)

https://tinyurl.com/2p8h9kyr

Mendoa Chocolates* (Brazil)

www.mendoachocolates.com.br

Meridian Cacao*

(Dominican Republic, Ecuador, Fiji, India, Indonesia, Madagascar, Peru, Sierra Leone, Tanzania, Trinidad, Vietnam)

www.meridiancacao.com

Mesjokke

(Madagascar, Nicaragua, Tanzania)

https://mesjokke.com/nl/

Meso Cacao (Honduras, Nicaragua)

www.mesocacao.com

Metiisto* (Solomon Islands)

https://tinyurl.com/cdnhnmnf

Mexican Chocolate (Mexico)

www.mexican-chocolate.com

Meybol Cacao* (Peru)

www.meybolcacao.de

MIA Chocolate (Madagascar)

https://tinyurl.com/2p9xrbn6

Miann Chocolate Factory*

(Belize, Colombia, Dominican Republic, Fiji, India, Mexico, Papua New Guinea)

www.miannchocolatefactory.com

Michel Cluizel Chocolate*

(Colombia, Dominican Republic, Guatemala, Madagascar, Sao Tome)

www.cluizel.us

Mi Corazon Cacao (Ecuador)

www.micorazoncacao.com

Midunu Chocolates (Ghana)

https://us.midunuchocolates.com/

MI JOYA*

(Brazil, Cameroon, Cuba, Ecuador, India, Mexico, Venezuela)

www.mijoya.be

Millcreek Cacao (Ecuador, Nicaragua)

www.millcreekcacao.com

Milliard Cacao* (Peru)

https://tinyurl.com/rn8dezxr

Millesime Chocolat*

(Congo, Dominican Republic, Ecuador, Guatemala, Haiti, India, Madagascar, Mexico, Nicaragua, Panama, Peru, Tanzania, Uganda)

www.millesime-chocolat.com

Mindo Chocolate (Ecuador)

www.mindochocolate.com

Minka Gourmet Chocolate* (Ecuador)

www.minkagourmetchocolate.com

Miodo Chocolate*

(Belize, Costa Rica, Dominican Republic, Fiji, Madagascar, Peru, Venezuela)

www.miodochocolate.com

Mirzam*

(India, Indonesia, Madagascar, Papua New Guinea, Tanzania, Vietnam)

https://tinyurl.com/mr2m8xze

Mission Chocolate (Brazil)

https://tinyurl.com/2p8hfafw

Moka Origins*

(Cameroon, Dominican Republic, Ghana, Tanzania, Uganda)

www.mokaorigins.com

Moksha Chocolate* (Belize, Peru)

www.mokshachocolate.com

Moku Chocolate*

(Dominican Republic, Ecuador, Madagascar, Peru)

www.mokuchocolate.com

Moloa'a Bay* (Hawaii)

https://tinyurl.com/3v9bzfkn

Mon Choco (Ivory Coast)

www.monchoco.com

Monger's Provisions*

(Belize, Colombia, Congo, Costa Rica, Ecuador, Ghana, Guatemala, Haiti, Hawaii, Honduras, Jamaica, Madagascar, Mexico, Nicaragua, Peru, Vietnam)

www.mongersprovisions.com

Monsoon Chocolate*

(Belize, Bolivia, Colombia, Dominican Republic, Ecuador, Haiti, Jamaica, Madagascar, Peru, Sierra Leone, Tanzania, Uganda, Vietnam)

www.monsoonchocolate.com

Montezuma's* (Dominican Republic)

www.montezumas.co.uk

Moo Free Chocolates*

(Dominican Republic)

www.moofreechocolates.com

Mork Chocolate* (Peru, Venezuela)

www.morkchocolate.com

Mozna Chocolate*

(Colombia, India, Mexico, Tanzania, Vietnam, Venezuela)

www.moznachocolate.com

MRM Nutrition* (Peru)

www.mrmnutrition.com

Mucho Chocolate (Mexico)

https://tinyurl.com/2p8s8vb4

Multiple Organics* (Peru)

www.multipleorganics.com

Mutari Chocolate*

(Jamaica, Mexico, Uganda)

www.mutarichocolate.com

Muwan Chocolate (El Salvador)

www.muwanchocolate.com/english

Mystic River Chocolate*

(Brazil, Hawaii, Madagascar)

https://mysticriverchocolate.square.site

Nabla Chocolate*

(Belize, Ecuador, Ghana, Uganda)

www.nabla-chocolate.com

Nahua Chocolate* (Costa Rica)

www.nahuachocolate.com/en/

Naked Chocolate*

(Dominican Republic, El Salvador, Hawaii)

www.nkdchocolate.com

Nana Marina's Cacao* (Guatemala)

https://tinyurl.com/yc4pn9sv

Natural Zing* (Ecuador)

www.naturalzing.com

Nature's Health Box*

(Dominican Republic, Peru)

www.natureshealthbox.co.uk

Naturya (Ghana)

www.naturya.com

Naviluna Chocolate (India)

www.naviluna.in

Navitas Organics* (Sierra Leone)

www.navitasorganics.com

Neary Nogs*

(Dominican Republic, Ecuador)

www.nearynogs.com

Neuhaus Chocolates (Ivory Coast, Uganda)

www.neuhauschocolates.com/en_BE/home

New Tree* (Dominican Republic, Peru)

www.newtree.com/en

Nibble Chocolate*

(Dominican Republic, Madagascar, Peru)

www.nibblechocolate.com

Nib & Noble* (Peru)

www.nibandnoble.com

Nick's Chocolate*

(Belize, Dominican Republic)

http://nickschocolate.com

Nina Medicina* (Guatemala)

www.ninamedicina.com

Nineteen Nineteen Chocolate (Philippines)

www.1919chocolate.ph

Ninth & Larkin Chocolate*

(Dominican Republic, Fiji, Honduras, Peru, Tanzania, Vietnam)

www.9thandlarkin.com

Nirvana Chocolate*

(Dominican Republic, Peru)

https://tinyurl.com/wvjaatp5

Noah's Raw Chocolate* (Peru)

www.rawchocolateman.com

Noir d'Ebene*

(Dominican Republic, Ecuador, Venezuela)

www.noirdebene.com

Nomad Chocolate*

(Dominican Republic, Ecuador, Ghana)

www.nomadchocolate.com

Nortica Cacao Farm* (Costa Rica)

www.norticofarm.com

Nourish Hub* (Peru)

www.nourishhub.com.au

Nova Chocolate* (Peru)

www.novachocolate.co.za

Now Foods* (Peru)

www.nowfoods.com

Nuance Chocolate*

(Colombia, Costa Rica, Dominican Republic, Ecuador, Ghana, Guatemala, Madagascar, Peru, Tanzania)

www.nuancechocolate.com

Nubeleaf* (Peru)

www.nubeleaf.com

Oakland Chocolate (Jamaica)

www.theoaklandchocolateco.com

OBOLO Chocolate* (Peru)

https://tinyurl.com/2p8m52ks

Ocelot Chocolate* (Congo)

www.ocelotchocolate.com

OCHO Chocolate*

(Papua New Guinea, Solomon Islands)

www.ocho.co.nz

Of the Earth Super Foods* (Peru)

www.otesuperfoods.com

Oialla Chocolate (Bolivia)

https://tinyurl.com/dsb5vpmc

Ola Pacifica Chocolate* (Samoa)

www.olapacifica.com

Olive & Sinclair* (Dominican Republic)

www.oliveandsinclair.com

Olivia Chocolatiers*

(Dominican Republic, Peru)

www.oliviachocolatiers.com

Omama Chocolate (Ghana)

www.omamachocolateghana.com

Omanhene (Ghana)

www.omanhene.com

Ombar* (Ecuador)

https://tinyurl.com/upzdj4ez

OMG Super Foods* (Peru)

www.omgsuperfoods.com

Omnom Chocolate

(Madagascar, Nicaragua, Tanzania)

www.omnomchocolate.com

One One Cacao (Jamaica)

www.oneonecacao.com

One Spirit World* (Guatemala)

www.onespiritworld.com

One Two Tree*

(Colombia, Dominican Republic, Ecuador, Guatemala, Panama)

https://www.12tree.de/buy-our-cocoa/

Only Child Chocolate*

(Haiti, Mexico, Peru, Thai, Uganda)

www.onlychildchocolate.com

Ono Farms* (Hawaii)

www.onofarms.com

Ora Cacao*

(Belize, Colombia, Guatemala, Tanzania)

www.ceremonial-cacao.com

Or Dubh Chocolate*

(Bolivia, Costa Rica, Dominican Republic, Ecuador, Fiji, Honduras, Madagascar, Peru, Tanzania, Uganda, Vietnam)

www.ordubhchocolate.com

Orfeve*

(Colombia, Grenada, Madagascar, Peru, Solomon Islands)

https://orfeve.com/en

Organic Africa Chocolate* (Sierra Leone)

www.organicafricachocolate.org

Organic Nectars* (Ecuador, Peru)

www.organicnectars.com

Organic Rain Forest Chocolate* (Peru)

www.organicrainforestsac.com

Organic Traditions* (Peru)

https://us.organictraditions.com

Origen Cacao (Colombia)

www.origencacao.com

Origin Chocolate*

(Bolivia, Dominican Republic, Ecuador, Madagascar, Peru)

www.originchocolate.com.au

Original Beans*

(Bolivia, Colombia, Congo, Dominican Republic, Ecuador, Mexico, Peru)

www.originalbeans.com

Original Hawaiian Chocolate* (Hawaii)

www.ohcf.us

Origins Chocolate Bar*

(Colombia, Dominican Republic, Ecuador, Ghana, Guatemala, Hawaii, Honduras, Madagascar, Malaysia, Mexico, Peru, Philippines, Sao Tome, Venezuela)

https://origins-chocolate-bar.square.site/s/shop

Oro Chocolate* (Nicaragua)

www.orochocolate.com

Pacari (Ecuador)

https://tinyurl.com/yc4ha3dm

Pacha de Cacao (Ecuador)

www.pachadecacao.com

Palato Chocolate (Honduras)

www.palatochocolate.com

Pamaco Swiss Chocolates*

(Dominican Republic, Ecuador, Ghana, Indonesia, Madagascar, Venezuela)

www.pamaco.ch

Pana Organic* (Bolivia)

www.pana-organic.com

Pangea Chocolate*

(Bolivia, Brazil, Dominican Republic, Ecuador, Madagascar, Philippines)

www.pangeachocolate.com

Parliament Chocolate*

(Dominican Republic, Honduras, Tanzania, Thailand)

www.parliamentchocolate.com

Parre Chocolat*

(Colombia, Dominican Republic, Guatemala)

www.parrechocolat.com

Pascati Chocolate (India)

www.pascati.com

Pascha Chocolate* (Sierra Leone)

www.paschachocolate.com

Patric Chocolate*

(Belize, Madagascar, Mexico, Venezuela)

www.patric-chocolate.com

Peace Love Cacao* (Guatemala)

https://peacelovecacao.com.au

Pearl Street Chocolate*

(Honduras, Nicaragua, Peru)

www.pearlstreetchocolate.com

Peppalo Stone Ground Chocolate* (Peru)

https://tinyurl.com/4tb9xs9s

Peru Puro* (Peru)

https://tinyurl.com/3tcvcjuy

Peruvian Power Foods* (Peru)

www.peruvianpowerfoods.com

Petite Patrie Chocolate

(Honduras, Mexico, Nicaragua, Peru, Vietnam)

www.petitepatriechocolate.com

pHresh Cacao* (Peru)

www.phreshproducts.com

Pieni Suklaatehdas Porvoo

(Brazil, Madagascar)

www.suklaatehdas.com/en

Piety & Desire Chocolate*

(Peru, Tanzania, Vietnam)

www.pietyanddesirechocolate.com

Pinellas Cocoa (Ghana)

www.pinellascocoa.com/shop

Pipevine Chocolate*

(Colombia, Dominican Republic, Ecuador, Guatemala, Madagascar)

https://pipevinechocolate.wixsite.com/chico

Pitch Dark Chocolate (Madagascar)

https://tinyurl.com/4kv7dnp2

Plant Guru* (Ecuador)

https://tinyurl.com/536h62b7

Plaq*

(India, Peru, Tanzania)

https://tinyurl.com/22v3vtvn

Play in Choc* (Peru)

www.playinchoc.com

Plus Cacao*

(Peru, Sao Tome, Sierra Leone, Venezuela)

www.pluscacao.com

Pod Chocolate (Indonesia)

www.podchocolate.com

Pollinator Chocolate*

(Bolivia, Dominican Republic, Ghana, Madagascar, Tanzania)

www.pollinatorchocolate.com

Potomac Chocolate*

(Colombia, Dominican Republic)

www.potomacchocolate.com

Pralus*

(Colombia, Ecuador, Ghana, Indonesia, Madagascar, Papua New Guinea, Sao Tome, Tanzania, Trinidad, Venezuela)

https://tinyurl.com/2cp6zjb5

Primo Botanica*

(Costa Rica, Ecuador, Guatemala)

www.primobotanicachocolate.com

Proper Chocolate*

(Costa Rica, Dominican Republic, Peru, Tanzania)

www.properchocolatecompany.com

Puchero*

(Dominican Republic, Ecuador, India, Indonesia, Madagascar, Mexico, Nicaragua, Philippines, Tanzania, Uganda)

https://tinyurl.com/339485fu

Pump Street Chocolate

(Ecuador, Grenada, Jamaica, Madagascar, St. Vincent)

https://tinyurl.com/2dej8rzw

Puna Chocolate* (Hawaii)

www.punachocolate.com

Purdy's Chocolate* (Ecuador, Peru)

www.purdys.com

Pure Chocolate (Jamaica)

www.purechocolatecompany.com

Pure Formulas* (Peru)

https://tinyurl.com/2p8dfmzt

Pure Kakaw* (Guatemala)

www.purekakaw.com

Pure Lovin' Chocolate* (Peru)

www.purelovinchocolate.com

Pure Natural Miracles* (Ecuador)

www.purenaturalmiracles.com

Puyricard Chocolate*

(Ecuador, Jamaica, Madagascar, Mexico,

Papua New Guinea, Peru, Sao Tome)

https://www.puyricard.fr/en/

Qantu Chocolate* (Peru)

https://en.qantuchocolate.com

Q'uma Chocolate* (Peru)

www.papachay.com

Raaka* (Dominican Republic, Tanzania)

www.raakachocolate.com

Rad Chocolate* (Dominican Republic)

www.radchocolate.com

Raglan Chocolate* (Peru)

www.raglanchocolate.co.nz

Rain Forest Chocolate* (Fiji)

https://rainforestchocolate.dk

Rain Forest Foods*

(Ecuador, Ghana, Ivory Coast, Peru)

www.rainforestfoods.com

Rain Forest Supply (Ecuador)

www.rainforestsupply.com

Rancho Gordo Chocolate (Mexico)

https://tinyurl.com/2p83prfm

Ranger Chocolate*

(Haiti, Mexico, Peru, Thailand, Uganda)

www.rangerchocolate.co

Raphio* (Dominican Republic, Ecuador,

Ghana, Madagascar, Peru, Tanzania)

www.raphiochocolate.com

Rapunzel* (Bolivia, Dominican Republic)

www.rapunzel.de/en/

Raros Fazedores de Chocolate (Brazil)

www.rarosfazedoresdechocolate.com.br

Ratio Cocoa*

(Dominican Republic, Ecuador, Panama, Peru, Solomon Islands, Trinidad)

www.ratiococoa.com.au

Ratza Chocolate* (Belize)

www.ratzachocolate.com

Rau* (Peru)

www.drinkrau.com

Rausch*

(Ecuador, Grenada, Madagascar, Peru, Venezuela)

www.rausch.de

Raw Chocolate Love* (Peru)

www.rawchocolatelovenyc.com

Raw Guru* (Peru)

www.rawguru.com

Raw Halo* (Peru)

www.rawhalo.com

Real Food Source* (Ecuador)

www.realfoodsource.com

Rebel Chocolates (Tanzania)

www.rebelchocolates.com

Rene Rey Chocolate* (Peru)

www.renerey.com

Republica del Cacao (Ecuador)

www.republicadelcacao.com

Rescue Chocolate*

(Dominican Republic, Uganda)

www.rescuechocolate.com

Revival Cacao (Mexico)

www.revivalcacao.com

Richart*

(Ecuador, Madagascar, Papua New Guinea)

www.richart.com/us/

Rick Jordan Chocolate*

(Dominican Republic)

https://rjchocolatier.square.site/

Ridgewood Chocolate

(Ecuador, Philippines)

www.ridgewoodchocolate.com

Righteously Raw Cacao* (Peru)

www.righteouscacao.com

Rio Napo* (Ecuador)

https://tinyurl.com/2zpzc799

Rio Nuevo Chocolate (Ecuador)

www.rionuevochocolate.com

Rising Spirit Cacao* (Guatemala)

www.risingspiritcacao.com

Ritual Chocolate*

(Belize, Ecuador, Madagascar, Mexico)

www.ritualchocolate.com

Ritual Items Cacao (Ecuador)

https://tinyurl.com/bdf68yzh

River Sea Chocolate* (Brazil)

www.riverseachocolates.com

Rizek Cacao* (Dominican Republic)

www.rizekcacao.com

Roar Chocolate* (Ecuador)

https://roarchocolate.com.au

Rococo Chocolate*

(Honduras, Papua New Guinea, Peru)

www.rococochocolates.com

Romance Chocolate* (Philippines)

www.romancechocolate.com

Rozsavolgyi Csokolade*

(Congo, Ecuador, Madagascar, Mexico, Peru, Sao Tome)

www.rozsavolgyi.com/en/index.php

R. T. Townsends*

(Hawaii, Mexico, Singapore, Vietnam)

www.rttownsends.com

Ruk'u'x Ulew* (Guatemala)

www.rukuxulew.com

Sacred Chocolate* (Ecuador)

www.sacredchocolate.com

Sacred Earth Cacao* (Guatemala)

www.sacredearthcacao.com

Sacred Summit Chocolate*

(Belize, Bolivia, Ecuador, Peru)

www.sacred-summit.com/shop.html#/

Sacred Taste Cacao* (Peru)

www.sacredtaste.com

Sade Chocolate (Colombia)

www.sadechoc.com

Rushk Chocolate (India)

www.rushkchocolates.com

RVK Ritual* (Guatemala)

www.rvkritual.com

Salagadoola Chocolate

(Ghana, Grenada, Haiti, Trinidad)

https://salagadoolachocolate.stores.jp

Santa Barbara Chocolate* (Peru)

www.santabarbarachocolate.com

Santa Isabel Chocolate* (Mexico)

https://tinyurl.com/ycxnc2kp

Saratoga Chocolate* (Colombia)

www.saratogachocolateco.com

Savannah Chocolate (Tanzania)

www.savannachocolate.com

Scharffen Berger (Ecuador)

www.scharffenberger.com

Schell Schokolade*

(Dominican Republic, Ecuador, Papua New Guinea, Peru, Uganda, Venezuela)

https://tinyurl.com/ycxmh9av

Sea Horse Chocolate*

(Dominican Republic, India, Tanzania, Trinidad, Vietnam)

www.seahorsechocolate.com

Seattle Chocolate* (Peru)

www.seattlechocolate.com

Seed & Bean Chocolate*

(Dominican Republic, Ecuador)

www.seedandbean.co.uk

Seed Chocolate* (Peru)

www.seedchocolate.com

Sekrety Czekolady*

(Madagascar, Peru, Venezuela, Vietnam)

www.sekretyczekolady.pl

Selva Bio Cacao* (Peru)

https://tinyurl.com/4td7aabb

Seventeen Rocks Chocolate*

(Papua New Guinea)

www.17rocks.com.au

Shabar Chocolate (Thailand)

https://tinyurl.com/yckkj8dh

Shamanic Heart Medicine*

(Guatemala, Peru)

www.shamanicheartmedicine.com

Shane Confectionery*

(Belize, Colombia, Guatemala)

https://tinyurl.com/mr3fek5h

Shattell Chocolate* (Peru)

www.shattell.com

Shiloh Farms* (Guatemala, Peru)

www.shilohfarms.com

Shirl & Moss* (Brazil)

www.shirlandmoss.co.nz

Siamaya Chocolate (Thailand)

www.siamayachocolate.com

Sibu Chocolate* (Costa Rica)

www.sibuchocolate.com

Sibu Sura*

(Dominican Republic, Ecuador, Peru)

www.sibusura.com

Silva Cacao*

(Brazil, Cameroon, Dominican Republic, Ecuador, Guatemala, India, Madagascar, Mexico, Nicaragua, Peru, Philippines, Sao Tome, Tanzania, Togo, Venezuela)

www.silva-cacao.com

Sin Azucar Chocolate* (Ecuador, Peru)

https://sinazucarorganicchocolate.com

Singing Rooster Chocolate (Haiti)

https://tinyurl.com/4vdkmdpz

Sirene Chocolate*

(Ecuador, Guatemala, India, Madagascar, Mexico, Peru, Trinidad, Uganda)

www.sirenechocolate.com

Sjaak's*

(Brazil, Ecuador, Indonesia, Ivory Coast, Madagascar, Peru, Sao Tome)

www.sjaaks.com

Slitti*

(Ecuador, Jamaica, Madagascar, Peru, Venezuela)

https://tinyurl.com/59nf326j

Snake & Butterfly* (Dominican Republic)

www.snakeandbutterfly.com

Sneha Sacred Cacao* (Guatemala)

www.snehasacred.com

Soklet Chocolate (India)

www.soklet.in

Sol Cacao*

(Colombia, Ecuador, Madagascar, Peru)

www.solcacao.com

Solkiki*

(Ecuador, Peru, Philippines)

https://tinyurl.com/y22bxft7

Solomon's Gold* (Solomon Islands)

www.solomonsgold.co.nz

Solstice Chocolate

(Bolivia, Ecuador, Ghana, India,

Madagascar, Trinidad, Uganda, Vietnam)

www.solsticechocolate.com

Soma Chocolate*

(Ecuador, Fiji, Haiti, Jamaica, Peru,

Madagascar, Trinidad, Venezuela, Vietnam)

www.somachocolate.com

Somage* (Venezuela)

www.somage.com

Sombra Buena Cacao* (Honduras)

www.sombrabuena.net

Somerville Chocolate*

(Dominican Republic, Hawaii, Peru)

www.somervillechocolate.com

Soul Chocolate*

(Dominican Republic, Guatemala,

Madagascar, Papua New Guinea,

Venezuela)

www.soulroasters.com

Soulfully* (Guatemala, Peru)

www.soulfullyaisling.com

Soul Lift Cacao* (Guatemala)

www.soulliftcacao.com

Soul & Story*

(Ghana, Haiti, Trinidad)

www.soulandstoryinc.com

South Pacific Cacao* (Solomon Islands)

www.southpacificcacao.com

SPAGNVOLA* (Dominican Republic)

www.spagnvola.com

Spark Chocolate*

(Belize, Bolivia, Brazil, Colombia, Dominican Republic, Ecuador, Ghana, Guatemala, Haiti, Jamaica, Madagascar, Mexico, Nicaragua, Peru, Venezuela)

www.sparkchocolate.com

Spencer Cocoa* (Vanuatu)

www.spencercocoa.com.au

Spirit of Cacao* (Peru)

www.spiritofcacao.com.au

Sprout Living* (Dominican Republic)

https://tinyurl.com/4mdj9vrj

SRSLY Chocolate* (Dominican Republic)

www.srslychocolate.com

Stache Chocolate*

(Peru, Uganda, Vietnam)

www.stachechocolate.com

Standout Chocolate* (Guatemala, India)

https://tinyurl.com/yc2krz3j

Star Andino Heritage Cacao* (Peru)

https://tinyurl.com/mvfywper

Starwest Botanicals* (Peru)

https://tinyurl.com/2x9kuf3x

Stone Grindz*

(Bolivia, Ecuador, Madagascar, Peru, Philippines)

www.stonegrindz.com

Storm & Bille Chocolate*

(Guatemala, India, Nicaragua, Uganda)

www.stormochbille.se

Stranger Craft Chocolate*

(Belize, Dominican Republic, Ecuador, Peru, Tanzania, Venezuela)

https://stranger.org.ua/store

Sumak Kawsay* (Ecuador, Guatemala)

www.sumak-kawsay.ch

Sunburst Super Foods* (Indonesia)

www.sunburstsuperfoods.com

Sun Core Foods* (Bolivia)

www.suncorefoods.com

Sunfood Super Foods* (Peru)

www.sunfood.com

Sungiven Cacao* (Peru)

https://tinyurl.com/yc4hmww6

Sunwink* (Peru)

https://tinyurl.com/2p8857jn

Superfoodies* (Panama)

www.superfoodies.com

Swedish Cacao Company*

(Peru, Sri Lanka, Tanzania)

www.swedishcacaocompany.com

Sweet Bean*

(Costa Rica, Honduras, Peru, Trinidad)

https://tinyurl.com/2p883uny

Sweetness Chocolate*

(Honduras, Papua New Guinea, Peru)

www.sweetnesschocolate.ca

Tabal Chocolate*

(Colombia, Costa Rica, Dominican Republic, Peru)

www.tabalchocolate.com

Talamanca Chocolate* (Costa Rica)

www.talamancachocolate.online

Talamancan Cacao* (Costa Rica)

www.talamancan.com

Taman Chocolates (Indonesia)

www.tamanchocolates.com

Tan Bun Skrati Chocolate (Suriname)

www.tanbun.org

Tangle Chocolate* (Guatemala)

www.tanglechocolate.com

Tascala Chocolate*

(Belize, Dominican Republic, Ecuador, Fiji, Peru, Tanzania)

www.tascalachocolate.com

Taste Fine Chocolate*

(Brazil, Cuba, Ecuador, Ghana, Hawaii, Jamaica, Madagascar, Venezuela)

www.havetaste.com

Taucherli

(Cameroon, Colombia, Ghana, Indonesia, Mexico, Nicaragua)

https://tinyurl.com/2p8jp4xa

Taylor Made Chocolate* (Haiti)

https://tinyurl.com/2p8zwd6b

Taza Chocolate*

(Dominican Republic, Ghana, Haiti)

www.tazachocolate.com

TBROS Chocolate (Vietnam)

https://tinyurl.com/3nr376e5

TC Chocolate*

(Belize, Dominican Republic, Haiti, Madagascar)

www.tcchocolate.com

TCHO*

(Ecuador, Ghana, Haiti, Madagascar, Peru)

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Terrasoul Super Foods* (Ecuador, Peru)

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Terre De Sienne Chocolate* (Guatemala)

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Terroir Chocolate*

(Colombia, Ecuador, Guatemala, Tanzania)

www.terroirchocolate.com

The Anyi Way Cacao (Ecuador)

www.theayniway.com

Thea's Chocolate* (Belize, Guatemala)

www.theaschocolate.com

The Cacao Club* (Guatemala)

www.thecacaoclub.com.au

The Chocolate Detective* (Grenada)

www.chocolatedetective.co.uk

The Chocolate Enthusiast*

(Belize, Bolivia, Costa Rica, Dominican Republic, Ecuador, Guatemala, Haiti, Hawaii, Madagascar, Mexico, Nicaragua, Peru, Tanzania, Venezuela, Vietnam)

www.thechocolateenthusiast.com

The Cacao Club* (Guatemala)

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The Chocolate Line*

(Costa Rica, Dominican Republic, Ecuador, Grenada, Panama, Peru, Vanuatu, Venezuela, Vietnam)

www.thechocolateline.be/en

The Cocoa Forge*

(Belize, Brazil, Colombia, Dominican Republic, Ecuador, Fiji, Ghana, Guatemala, Haiti, Honduras, India, Indonesia, Madagascar, Mexico, Peru, Philippines, Tanzania, Uganda, Vietnam)

www.thecocoaforge.com

The High Five Company*

(Belize, Bolivia, Brazil, Colombia, Costa Rica, Dominican Republic, Ecuador, Fiji, Ghana, Guatemala, India, Indonesia, Jamaica, Madagascar, Malaysia, Mexico, Nicaragua, Papua New Guinea, Peru, Philippines, Sao Tome, Tanzania, Uganda, Venezuela, Vietnam)

www.thehighfivecompany.com

The London Chocolate Company

(Madagascar)

www.thelondonchocolatecompany.com

The Meadow*

(Bolivia, Brazil, Colombia, Dominican Republic, Ecuador, Haiti, Indonesia, Madagascar, Mexico, Peru, Uganda, Venezuela)

www.themeadow.com

Theo*

(Costa Rica, Dominican Republic, Ecuador, Madagascar, Venezuela)

www.theochocolate.com

Theobroma Cacao*

(Colombia, Madagascar, Peru, Venezuela)

https://tinyurl.com/5pfdpsf8

The Raw Chocolate Company* (Peru)

www.therawchocolatecompany.com

The Raw Chocolate Shop* (Ecuador, Peru)

www.therawchocolateshop.com

The Smooth Chocolator (Belize)

https://tinyurl.com/2xy4n9xp

The Xocolate Bar*

(Colombia, Dominican Republic, Ghana, Madagascar, Philippines, Vietnam)

www.thexocolatebar.com

Theyo*

(Belize, Dominican Republic, Indonesia, Madagascar, Nicaragua, Panama, Papua New Guinea, Peru, Solomon Islands, Uganda, Vanuatu, Venezuela, Vietnam)

www.theyo.de

Third Eye Cacao*

(Belize, Colombia, Dominican Republic, Ecuador, Peru, Venezuela)

www.thirdeyecacao.com

Thomas Haas Chocolates*

(Dominican Republic, Ghana, Grenada, Madagascar, Venezuela)

www.thomashaas.com

Tibito Chocolate (Colombia)

https://tinyurl.com/69p5cv5x

Tiny House Chocolate*

(Brazil, Ecuador, India, Tanzania)

www.tinyhousechocolate.com

Tiroler Edle* (Venezuela)

https://tinyurl.com/2p8knpvp

To'ak Chocolate (Ecuador)

www.toakchocolate.com

Tociok

(Costa Rica, Ecuador, Madagascar)

www.tociok.it

Tosier

(Belize, Bolivia, Colombia, Ecuador,

Ghana, Haiti, Uganda)

https://tinyurl.com/2un9ybwc

Toska Chocolate* (India)

www.toskachocolates.com

Treehouse Originals* (Peru)

www.treehouseoriginals.com

Triangle Roasters*

(Guatemala, Haiti, Nicaragua, Philippines)

www.triangleroasters.com

Tribal Moon Cacao* (Peru)

www.tribalmooncacao.com

Tri-Island Chocolate* (Grenada)

www.triisland.com

Trinidad & Tobago Fine Cocoa Company

(Trinidad & Tobago) www.ttfinecocoa.com

Trinidad & Tobago Estate Chocolate

(Trinidad & Tobago)

https://tinyurl.com/mtvf9p4z

True Chox*

(Belize, Brazil, Ecuador, Haiti, Madagascar,

Mexico, Nicaragua, Peru)

www.truechox.com

Truffle Pig Chocolate (Nicaragua)

www.trufflepigchocolate.com

Truly Chocolate*

(Belize, Colombia, Dominican Republic, Guatemala, Madagascar, Peru)

www.trulychocolate.de

Tuanis Chocolate* (Costa Rica)

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Twenty Four Black Birds Chocolate*

(Bolivia, Dominican Republic, Madagascar, Mexico, Tanzania)

www.twentyfourblackbirds.com

Twenty-One Degrees Estate* (Hawaii)

www.21degreesestate.com

Two Lost Pilots* (Samoa, Solomon Islands)

www.twolostpilots.com.au

Uncommon Cacao (Belize)

www.uncommoncacao.com

Upaya Naturals* (Ecuador, Peru)

www.upayanaturals.com

Utopick*

(Colombia, Guatemala, Nicaragua)

https://tinyurl.com/2p8uyeyy

Vai Cacao*

(Costa Rica, El Salvador, Guatemala, Nicaragua)

www.vaicacao.com

Vaka Chocolate*

(Mexico, Nicaragua, Peru, Vietnam)

www.vakachocolate.com

Valrhona*

(Belize, Brazil, Dominican Republic, Ecuador, Ghana, Grenada, Haiti, Ivory Coast, Madagascar, Mexico, Peru, Sao Tome, Trinidad, Venezuela)

www.valrhona.us

Van Dender Chocolatier*

(Brazil, Colombia, Ecuador, Grenada, Madagascar, Mexico, Venezuela, Vietnam)

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Videri Chocolate*

(Dominican Republic, Ecuador, Guatemala)

www.viderichocolatefactory.com

Villakuyaya Chocolate* (Ecuador)

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Vincentian Chocolate

(St. Vincent)

www.vincentianchocolate.com

Vintage Plantations (Ecuador)

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Vinte Vinte Chocolate*

(Dominican Republic, Madagascar, Mexico, Nicaragua, Peru, Uganda, Venezuela)

www.vintevintechocolate.pt/pt/

Violet Sky Chocolate*

(Colombia, Guatemala, Uganda)

www.violetskychocolate.com

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Viva Naturals* (Peru)

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(Belize, Brazil, Dominican Republic, Ecuador, Ghana, Grenada, Haiti, Ivory Coast, Madagascar, Mexico, Peru, Sao Tome, Venezuela)

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Weiss Chocolate*

(Dominican Republic, Vietnam)

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(Dominican Republic, Peru, Vanuatu)

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Whelpdale Chocolate (Belize, Ecuador)

www.whelpdalechocolate.com

Whistler Chocolate* (Peru)

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White Label Chocolate*

(Belize, Bolivia, Ecuador, Guatemala, Honduras, India, Jamaica, Madagascar, Peru, Tanzania, Trinidad, Uganda, Vietnam)

www.whitelabelchocolate.com

Wicked Bold Chocolate* (Belize)

www.wickedbold.com

Wild Blue Chocolate*

(Belize, Dominican Republic, Guatemala, Haiti)

www.wildbluechocolate.com

Wild Craft Tasmania*

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Wilderness Poets* (Ecuador, Peru)

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(Belize, Dominican Republic, Ecuador, Guatemala, Mexico, Nicaragua, Peru)

www.wildlandchocolate.com

Wildly Organic* (Dominican Republic)

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Wild Sweets*

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(Colombia, Indonesia, Madagascar, Peru, Venezuela)

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(Ecuador, Honduras, Peru, Philippines)

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Xocolatl Chocolate*

(Nicaragua, Peru, Tanzania, Uganda)

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www.xocolla.com

Xoconat (Thailand)

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Yahara Chocolate*

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(Dominican Republic, Ecuador, Guatemala, Honduras, Indonesia, Uganda)

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ZART Chocolates

(Ecuador, Nicaragua, Tanzania, Trinidad)

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Zokoko*

(Bolivia, Solomon Islands, Tanzania)

www.zokoko.com

Zoto

(Cameroon, Colombia, Congo, El Salvador, Honduras, Nicaragua, Peru, Uganda)

https://zoto.be/home

Zotter*

(Belize, Bolivia, Brazil, Ecuador, Ghana, India, Madagascar, Nicaragua, Panama, Peru, Sao Tome, Tanzania, Togo, Uganda)

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About the Author

Chef Jay has been working as a chef since 2006. After culinary school, he held numerous positions over the years, including the U.S. Army, Cuisine Magazine and the Food Network. He is also the co-founder of Why Bars. Currently, Jay lives in Michigan with his wife, Miranda.

Chef Jay
chefjaykinney@yahoo.com
www.whybars.com

Jay's Books

Check Out Chia

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